# TO STUDY THE DIETARY AND PSYCHOSOCIAL RISK FACTORS, AND CLINICAL COURSE OF IRRITABLE BOWEL SYNDROME

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I hereby declare that the thesis entitled **"TO STUDY THE DIETARY AND PSYCHOSOCIAL RISK FACTORS, AND CLINICAL COURSE OF IRRITABLE BOWEL SYNDROME**" submitted towards partial fulfillment of the requirements for the award of **MD in GENERAL MEDICINE** degree to BFUHS is a compilation of original work carried out by me under the supervision of **Dr. Amit Bery**, Associate Professor, Department of Medicine, **Dr. Omesh Goyal**, Professor, Department of Gastroententerology and **Dr. Pankaj Kumar**, Associate Professor Department of Psychiatry, DMCH Ludhiana. No part of this thesis has formed the basis for the award of any degree previously.

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*Dedicated*

*to*

*My Family*

*&*

*Mia*

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*Dr. Rishav Tohani*

# LIST OF ABBREVIATIONS

| | |
|---|---|
| BSFS | Bristol stool form scale |
| CBT | Cognitive behavioural therapy |
| CFS | Chronic fatigue syndrome |
| CFTR | Cystic fibrosis transmembrane conductance regulator |
| CI | Confidence interval |
| CIC | Chronic idiopathic constipation |
| CNS | Central nervous system |
| CRP | C-reactive protein |
| DMCH | Dayanand Medical College and Hospital, Ludhiana |
| ESR | Erythrocyte sedimentation rate |
| FDA | Food and drug administration |
| FGID's | Functional gastrointestinal disorders |
| FODMAP's | Fermentable oligosaccharides, disaccharides, mono-saccharides and polyols |
| GERD | Gastroesophageal reflux disease |
| GLP-1 | Glucagon like peptide-1 |
| HAMA | Hamilton rating scale for anxiety |
| HAMD | Hamilton rating scale for depression |
| - HRQOL | Health related quality of life |
| IBS | Irritable bowel syndrome |
| IBS-C | Irritable bowel syndrome – constipation subtype |
| –IBS-D | Irritable bowel syndrome – diarrhea subtype |
| IBS-M | Irritable bowel syndrome – Mixed Subtype |
| IBS-U | Irritable bowel syndrome – Undifferentiated subtype |
| NNT | Number to treat |
| OPD | Outdoor patient department |

| | |
|---|---|
| OR | Odds ratio |
| PEG | Polyethylene glycol |
| PYY | Peptide YY |
| RCT | Randomized controlled trial |
| RR | Relative risk |
| SIBO | Small intestinal bacterial overgrowth (SIBO) |
| SSRI | Selective serotonin reuptake inhibitors |
| TCA | Tricyclic antidepressants |
| TMD | Temporomandibular joint disorder |

# ABSTRACT

**Introduction**: Irritable Bowel Syndrome is a Functional Gastrointestinal disorder (FGID) which is diagnosed on symptoms based criteria (ROME-IV). Various risk factors influence the occurrence of IBS including gut infections, dietary habits, and cigarette/alcohol intake and underlying psychiatric comorbidities.

**Aim of Study**: To study the role of dietary and psychosocial risk factors in IBS and also to study the clinical course in patients diagnosed as IBS after 6 months follow up.

**Materials & Methods**: This study was a case control study conducted on diagnosed cases of IBS with the healthy attendants chosen as controls using pre designed questionnaire about dietary habits, drug intake and other daily habits. Severity of IBS was assessed using IBS-symptom severity score. Psychiatric comorbidities were assessed using Hamilton-A and Hamilton D scores. Cases were followed up after 6 months for reassessment of the severity using IBS-SSS.

RESULTS: There were total 150 cases and 75 controls in our study with the mean age of 47.40± 14.647 years. Majority of the total patients were males. Dietary triggers like tea, fatty food,etc. and Psychiatric illnesses (Anxiety and Depression) were significantly associated with IBS ( p value <0.05 ). Majority of patients did not have any change in IBS subtype (n=127, 84.6%). Maximum change was seen in the IBS-D subtype (n=10, 6.6). 40% of the total patients did not show any change in severity upon follow up, 36% patients improved and 24% patients worsened. Change in severity of psychiatric illness was directly proportional to change in severity of IBS.

**CONCLUSION**: It can be concluded that risk factors like fatty food, tea and coffee consumption , psychiatric illnesses (anxiety, depression) and occupation are significantly associated with IBS and with early diagnosis and treatment of psychiatric illness and modification of diet, there can be a significant improvement in the severity of IBS.



**Keywords**: IBS, Anxiety, Depression, Stool form, Psychosocial, Dietary

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# INTRODUCTION

Irritable Bowel syndrome (IBS) is a functional gastrointestinal disorder (FGID) that is characterized by abdominal pain associated with alterations in stool form/or frequency.[1] IBS can be grouped into functional somatic syndromes. The diagnostic criteria are focused on gastrointestinal GI symptoms and are based on ROME IV criteria. Coexistence between IBS, temporomandibular joint disorder (TMD), chronic pelvic pain, tension headache, fibromyalgia and chronic fatigue syndrome (CFS) have been found. Thus, IBS can be viewed as multiple “organic” diseases. [2,3]

IBS has a very high prevalence and it varies on the basis of geographical region, diagnostic criteria and population. The prevalence as per various meta analysis and systematic review is 1%-5%. It was noted that Manning criteria resulted in higher prevalence of IBS as compared to ROME criteria[4] Pain and diarrhoea were most common symptoms associated with healthcare seeking. IBS patients are more likely to seek healthcare and incur costs for symptoms not related to IBS and may relate to illness behaviours.[5]

IBS is more prevalent in women as per studies. The odds of having IBS in women are more as compared to men[6] Women with IBS are more likely to have IBS-C as compared to IBS-D. As far as age is concerned, IBS is more commonly diagnosed in patients under the age of 50 and is more prevalent in people with low income. [7,8]

The effect of differences in regional diets and exposure to microbes in food and water on global prevalence is not clear. There are cultural differences in threshold for reporting a symptom as painful and what is actually meant by normal stool frequency or consistency .E.g., Constipation predominates in Asia, Western Europe, and North America. IBS-D and IBS-M predominate in India and Bangladesh.[9]

The diagnostic approach may vary by region according to the prevalence of other disorders like infectious gastroenteritis (specifically parasitosis), celiac disease and IBD. It has been found that bloating is an important feature of IBS in Asia.[10] In Asia, pain abdomen in IBS is usually upper abdominal as compared to lower abdominal in the western countries. Preponderance of IBS in women as found in North America and Europe is not found in South Asia, South American and African studies.[11] In India, IBS is more common in men than women[12]. IBS patients usually have poor HRQOL. This impairment is almost same as impairment found in other chronic disorders like Gastroesophegeal Reflux Disease (GERD), Diabetes, Hypertension and Depression.[13] There is increased risk of suicidal ideation in IBS which is independent of psychological diagnosis[14] and severity of abdominal pain has been demonstrated to be a strong predictor of poor HRQOL.

It has been found that IBS patients with comorbid somatic disorders report more severe IBS symptoms and lower HRQOL.[15] Various comorbidities found in IBS patients include cystitis , urethritis, pelvic pain, vulvodynia, prostatitis, muscle spasm, pyelonephritis, trigeminal nerve dysfunction, fibromyalgia, bladder retention, headache ,etc. Psychiatric disorders related to IBS include Bruxism, Attention deficit, generalized anxiety, panic attacks, stress reaction, somatization disorder, depression, adjustment reaction and substance abuse. There has been an association between IBS and other chronic pain disorders such as chronic pelvic pain and fibromyalgia.[16]

# AIMS AND OBJECTIVES

Primary

- To Study the Dietary Risk Factors for Irritable Bowel Syndrome
- To Study the Psychosocial Risk Factors for Irritable Bowel Syndrome

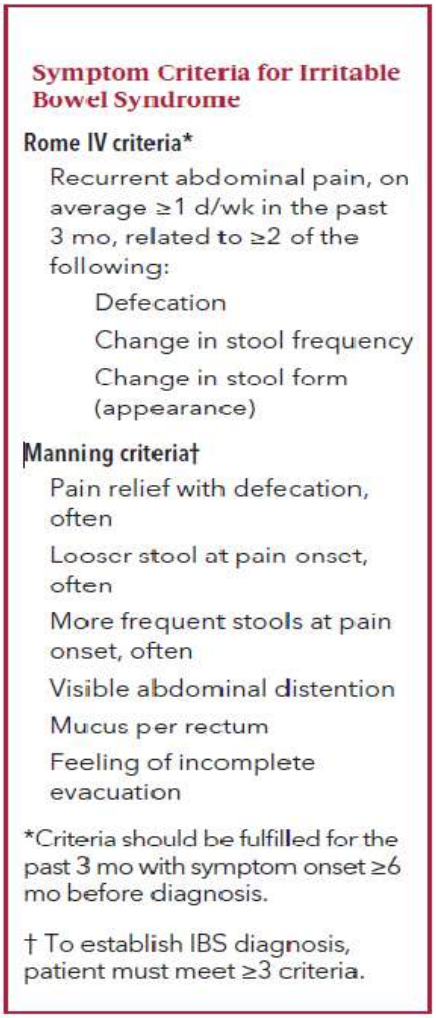
Secondary

- To Study the Clinical Course of Irritable Bowel Syndrome

# REVIEW OF LITERATURE

Irritable bowel syndrome (IBS) is one of the most common gastrointestinal disorders with a prevalence of 10-20%.[17]

According to ROME IV criteria (as described in Picture 1) IBS is defined as recurrent abdominal pain (>1day/week) associated with change in stool form and / or frequency for the last 3 months with symptom onset at least 6 months prior to diagnosis. The term abdominal discomfort which was present in the ROME III criteria has been removed because it was considered ambiguous.[18] Manning criteria was used earlier to define IBS.



**Symptom Criteria for Irritable Bowel Syndrome**

**Rome IV criteria***

Recurrent abdominal pain, on average ≥1 d/wk in the past 3 mo, related to ≥2 of the following:

- Defecation
- Change in stool frequency
- Change in stool form (appearance)

**Manning criteria†**

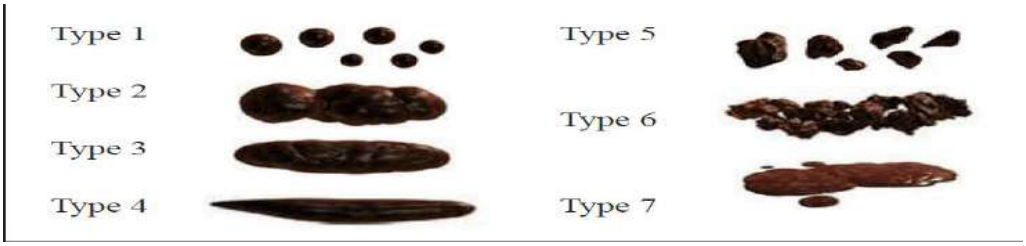
- Pain relief with defecation, often
- Looser stool at pain onset, often
- More frequent stools at pain onset, often
- Visible abdominal distention
- Mucus per rectum
- Feeling of incomplete evacuation

*Criteria should be fulfilled for the past 3 mo with symptom onset ≥6 mo before diagnosis.

† To establish IBS diagnosis, patient must meet ≥3 criteria.

**Picture 1: ROME IV and Manning Criteria for IBS[17]**

IBS is classified into four subtypes by Lewis and Heaton, (1997)[19] consisting of constipation predominant IBS (IBS-C), with Bristol stool form types 1 and 2 diarrhoea predominant IBS (IBS-D), with stool form types 6 & 7 and mixed constipation and diarrhoea IBS (IBS-M), where stool form types 1,2,6 and 7 are experienced >25% of the time. There is an unsubtyped IBS (IBS-U), where there is not enough abnormality of stool consistency to meet the three previously described subtypes by Mearin et al (2016)[20]




**Picture 2: Various types of stool forms according to Bristol stool form scale**

Type 1: separate hard lumps, like nuts; type 2: sausage like but lumpy; type 3: sausage like with cracks in the surface; type 4: like a sausage or snake, smooth and soft; type 5: soft blobs with clear-cut edges; type 6: mushy stool with ragged edges; type 7: watery stool, no solid pieces[19]

It should be noted that a patient's subtype is not stable and it can vary from time to time with a shift in one subtype to another subtype. Engsbro et al (2012)[21] conducted a study that evaluated the stability of Rome III IBS subtypes over a 10-week period. 126 patients were recruited to two placebo-controlled treatment trials of probiotics conducted in Denmark and Sweden, They were asked to complete a diary in which they graded their stools according to the Bristol stool form scale daily. IBS subtypes were calculated according to the information provided in the diary at 1 and 2 weekly intervals. It was found that the distribution of IBS subtypes remained stable, with approximately one-third of the study population meeting the criteria for

IBS-C, IBS-D and IBS-U respectively. Patients changing subtype most often changed between IBS-C, IBS-D and IBS-U.

## EPIDEMIOLOGY

IBS is the most common functional GI disorder (FGID) affecting about 20% of people worldwide as described by Ford et al (2012)[22] They did a meta-analysis and found that the pooled prevalence of IBS in 80 study populations, containing 260,960 subjects, was 11.2% (95% confidence interval (CI) 9.8% to 12.8%). The prevalence of IBS according to geographical location was highest in Northern Europe (12.0% with 95% CI 9.0% to 15.0%) and lowest in South-East Asia (7.0% with 95% CI 5.0% to 9.0%). Prevalence of IBS in India is 4.2%.[23] It is variable according to the criteria used to define it and was found to be higher when Manning criteria (Manning et al 1978)[24] was used. Shah, et al reported the prevalence of IBS to be around 7.5% by Manning criteria in India.[25]

The prevalence is rising recently due to changing lifestyle and economic status. An urban lifestyle is reported to be associated with greater psychological stress and therefore prevalence has been found to be higher in urban population as compared to rural population.[26]

The prevalence of IBS is variable among males and females in different studies. Ensbro et al found higher prevalence of IBS in women (14.0% (95% CI 11.0% to 16.0%)) as compared with men (8.9% (95% CI 7.3% to 10.5%)), with an odds ratio (OR) of 1.67 (95% CI 1.53 to 1.82).[21] Similarly Quigley et al also found higher prevalence in Women [g] whereas Lovell RM et al observed that prevalence of IBS was same in either gender in most Asian countries.[27]

IBS was more prevalent in individuals with other FGIDs, which include dyspepsia, gastro-oesophageal reflux disease, and chronic idiopathic constipation (CIC)[21] It also coexists with other somatic disorders such as pain syndromes , overactive bladder and migraine.[28]

## PATHOPHYSIOLOGY

A number of different mechanisms have been implicated in the pathogenesis of IBS. Abnormal motility, visceral hypersensitivity, low grade inflammation and stress.[29,30,31] There is a role of genetic factors in modulating the processing of gut signals centrally and the inflammatory and immune responses locally, which possibly predisposes to IBS. Thus, for manifestation of IBS as a whole, several abnormalities (multiple hits) may need to occur. Therefore, IBS can be considered as discrete collection of organic bowel diseases. The following biological basis might be considered in the pathogenesis of IBS.

- Altered Colonic and Small Bowel Motility
- Visceral Hypersensitivity
- Abnormal Gas propulsion and Expulsion
- Local Inflammation
- Food intolerance and Allergy [32,33]
- Abnormal colonic flora and bacterial overgrowth
- Central dysregulation
- Psychological factors [32,33]
- Genetics

## RISK FACTORS

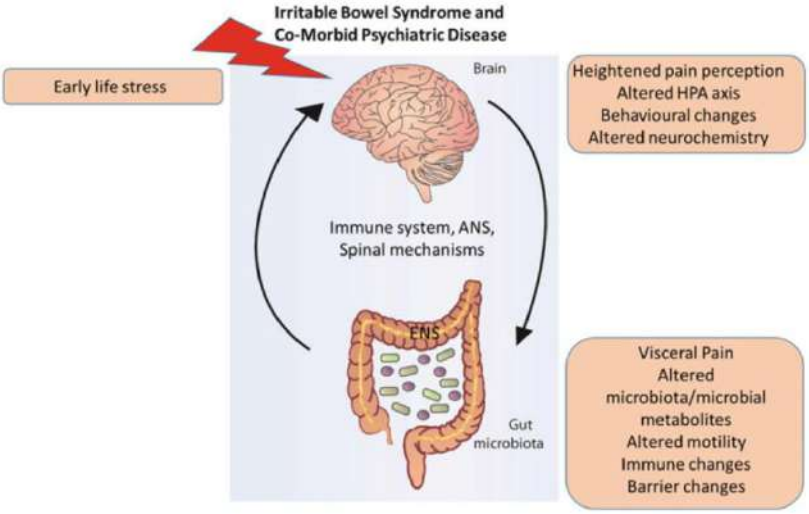
**Stress and Stress Related Comorbidities**: It has been found that stress plays a major role in onset and exacerbation of symptoms such as abdominal pain and altered bowel movements. Stress related disorders include anxiety and depression and they precede the development of IBS and vice versa. Stress in early life predisposes to IBS in future as well as major psychiatric comorbities. Psychological factors have been prominently implicated in its causation as well as maintenance of IBS. As per the bio psychosocial model, IBS results from an interaction of the central nervous system, psychological factors and altered intestinal motility and sensitivity. Certain traumatic events

such as early maternal separation and sexual abuse have been found to play a significant role in the subsequent development of IBS. The prevalence of psychiatric conditions in IBS ranges from 40 to 100%.[34]

Banerjee et al undertook a study to assess the prevalence of anxiety and depression in patients with IBS in comparison to healthy controls and to explore the relationship of anxiety or depression with various subtypes of IBS. Fifty consecutive patients of IBS between 18 and 65 years of age were enrolled for the study. All patients with other preexisting GI disorders, patients with GI surgery, abnormal upper and lower GI endoscopy, with comorbidities like chronic kidney disease and diabetes mellitus, and those taking drugs producing GI symptoms or affecting GI motility were excluded from the study. The patients of IBS were further classified as per Rome III criteria into (IBS-C), (IBS-D), (IBS-M) and (IBS-U) with neither constipation nor diarrhea. The patients of IBS were categorized into mild, moderate, and severe according to the Irritable Bowel Syndrome Severity Scoring Scale. The patients were assessed for the presence of anxiety and depression using Hamilton Rating Scale for Anxiety (HAMA) and Hamilton Rating Scale for Depression (HAMD) respectively.[35]

## PREVALENCE OF ANXIETY AND DEPRESSION

Kabra and Nadkarni found the prevalence of anxiety disorder to be 37.1% in the patients with IBS in India.[36] Modabbernia et al[37] conducted a study of patients with IBS in Iran and found the prevalence of anxiety symptoms in 35.5% of the IBS patients. Makharia et al [38] did a study comparing 184 patients with IBS with 198 normal controls and found significantly higher levels of panic and other anxiety syndrome in patients with IBS. 3 Western studies conducted by Koloski et al[39] and Locke et al[40] have reported similar findings. The study of Golubovic et al[41] showed prevalence of depression in patients with IBS to be 83.33%. Van der Veek et al.[42] and Sugaya et al [43] have also reported higher levels of anxiety and depression in patients with IBS in comparison to healthy controls.




**Picture 3: IBS and co morbid psychiatric disease- common origins. IBS and psychiatric disease are often co morbid and both of them have an early life origin.** [1]

**Role of dietary factors in IBS** – It has been found in studies that a high proportion of patients with IBS associate food intake with the development of abdominal symptoms. The relation between food and symptoms is difficult to determine due to complexity of food composition and the variable mechanisms by which food influences the gut. There are various phases where food acts and affects the intestinal motility. First phase is cephalic phase where effects on GI secretion and motility are initiated by sight, smell, thought or taste of food via neurological signals from the cerebral cortex and appetite centres of the brain. [44] Secondly, stimulation of gut mechanoreceptors by addition of volume to the gut lumen could have no specific effects which were demonstrated by gastro colonic reflex. Poorly absorbed, osmotically active molecules – particularly monosaccharides such as fructose, polyols such as sorbitol and disaccharides (especially when disaccharidase is deficient in activity) are responsible for symptoms of IBS. Fermentation of indigestible carbohydrates in colon can add gas to luminal contents, leading to distension.[45]

Concept of chemo-stimulation of gut receptors is also known for diet to cause IBS symptoms.[46] These receptors are found throughout the GI tract and include nutrient, taste, fatty acid and opiate receptors, as well as transient receptor potential channels. Neurotransmitters like 5-hydroxytryptamine, cholecystokinin, GLP1, PYY, motilin, incretins and enkephalins are released by activation of these receptors. Some food elements contain salicylates and can directly activate mast cells in susceptible individuals.[47]

**FODMAP'S**: Carbohydrates of relevance to IBS are those that are slowly absorbed or cannot be digested in the small intestine. The term FODMAP's applies to oligosaccharides, non starch polysaccharides, fructose and polyols which are absorbed from small intestine rather than digested. The reason for this is that small intestine lacks hydrolases that release monosaccharides. Therefore, most approaches suggest reducing the intake of carbohydrates. Oral administration of individual FODMAP's was found to induce symptoms resembling IBS in a dose dependent manner. They increase water retention in small intestine, via their osmotic action and the rapid fermentation by intestinal bacteria, leading to release of gas and short-chain fatty acids.[48,49] Therefore, for prevention of IBS symptoms, low FODMAP diets have been constructed. It was found in a study done by Halmos etal that patients who adopt low FODMAP diet respond within 1 week [50]

## CLINICAL FEATURES

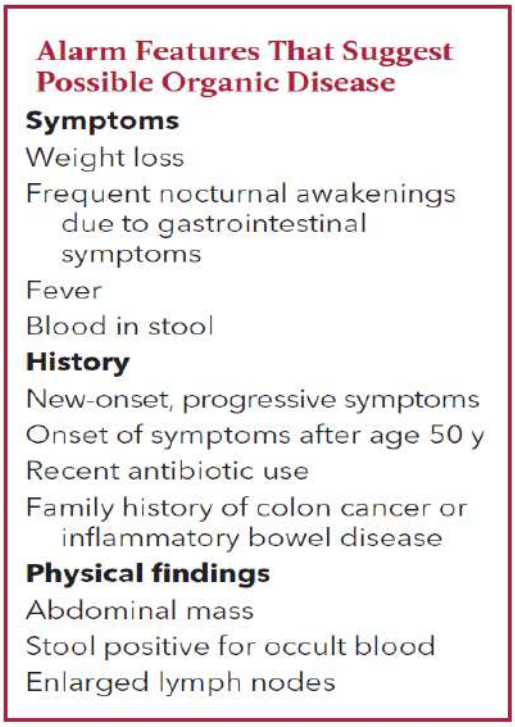
Symptoms – Symptoms range from mild to debilitating. One of the major symptoms is pain abdomen. Other symptoms include bloating, stool irregularities. Physician should consider IBS if a patient has abdominal discomfort or pain associated with bowel dysfunction. Abnormal stool frequency (>3 bowel movements per day or <3 bowel movements per week), excessive straining during defecation, urgency and feeling of incomplete evacuation are common in patients with IBS but they are non specific. Other suggestive features include- post

prandial exacerbation of symptoms and excess gas and flatulence. Gastrointestinal symptoms that wax and wane for more than 2 years and exacerbated by psychosocial stress should always raise suspicion for IBS. Once diagnosis of IBS is made, one should look for other functional GI disorders such as chronic fatigue, fibromyalgia, sleep disturbance and psychiatric co morbidities.[51]

It should be noted that symptom pattern can change over a period of time. Alarm features or Red flag signs should be ruled out because they suggest an alternative diagnosis rather than IBS. Ford et al[52] conducted a systematic review and meta-analysis which pooled the results of six major studies Frigerio et al,[53] Hammer et al, 2004[54] Jeong et al 1993[55] , Kruis et al (1984)[56] , Manning et al (1978),[24] Rao et al (1993)[57] and it was concluded that individual symptoms perform poorly in prediction of IBS as compared to a syndrome consisting of set of certain symptoms (Picture 5)

| Symptom item | Number of studies | Number of patients | Sensitivity (95% CI) | Specificity (95% CI) |
|---|---|---|---|---|
| Lower abdominal pain | 4 | 915 | 90 (79-97) | 32 (21-44) |
| Mucus per rectum | 4 | 507 | 45 (22-69) | 65 (47-81) |
| Incomplete evacuation | 4 | 507 | 74 (66-82) | 45 (31-60) |
| Looser stools at onset of pain | 4 | 507 | 58 (46-69) | 73 (64-81) |
| More frequent stools at onset of pain | 4 | 188 | 53 (41-66) | 72 (58-84) |
| Pain relieved by defaecation | 4 | 507 | 60 (54-67) | 66 (57-73) |
| Patient-reported visible abdominal distension | 3 | 227 | 39 (20-60) | 77 (64-88) |

**Picture 4: Sensitivity and Specificity for Individual Symptoms in Diagnosing Irritable Bowel Syndrome (Ford et al., 2008).[22]**




**Picture 5: Alarm features of IBS[11]**

Diagnosis- History is the main tool used for diagnosis in IBS. There are 2 available criteria- Manning and ROME IV criteria as discussed earlier.

## HISTORY IN DIAGNOSTIC CRITERIA

The Manning criteria and the ROME criteria are available in sets of symptom and symptom based criteria in diagnosis of IBS. Manning and his colleagues proposed the criteria in 1978 based on the symptoms highlighted in the box shown above.[24] In 1989, group of experts met in ROME and developed a set of consensus based criteria, known as the ROME criteria – it was meant to assist in the diagnosis of IBS and functional GI disorders.[58] In 1999, the same group of experts developed ROME II criteria, which was a modified version of the ROME criteria intended to be more adaptable to clinical practice. The most recent version of the ROME criteria is ROME IV criteria – released in May, 2016[51]

**CHANGES IN COMPARISON TO ROME III**- There have been many changes in ROME IV criteria in comparison to the ROME III criteria. The term abdominal discomfort has been removed as it lacked ambiguity. Frequency of abdominal pain has been reduced for diagnosis from at least 3 days per month in the preceding 3 months to at least 1 day per week in the preceding 3 months. Final point which was changed is that the statement which earlier suggested improvement in abdominal pain with defecation – now defined abdominal pain related to defecation. ROME IV criteria continues to specify that symptoms must have existed for at least 6 months and the patients must fulfil the ROME criteria for at least 3 months before IBS can be diagnosed. When diagnostic criteria are satisfied, warning symptoms should also be absent. The sensitivity and specificity of Manning criteria (presence of at least 3 out of 6 criteria is approximately 60% and 80%). This sensitivity and specificity varies with study and the diagnostic accuracy is known to be better in women as compared to men and younger people as compared to older people when major criteria are fulfilled.[59] The patient's bowel pattern should be described according to the Bristol stool form scale (BSES) with consideration to the stool frequency, straining , incomplete evacuation and urgency. According to Western studies, stool frequency of normal bowel habit varies from 3 stools per week to 3 per day.[60] There is wide variation in stool frequency is noted throughout Asian countries. For eg., normal stool frequency is once per day in Chinese and twice per day in Iranians. [24,25] Patients can be divided into subtypes of IBS on the basis of the Bristol stool form scale and not by the frequency , form or patient's own perception.[61]

**INVESTIGATIONS**

In the referral centre setting, recommended investigations in IBS patients are meant to exclude other disorders and the investigations are Blood counts, ESR, CRP, Thyroid function tests, stool examination for occult blood, parasites and Clostridium difficile infection and

endoscopy. Colonoscopy for exclusion of colorectal cancer is indicated in patients with symptom onset at age 50 years or older, regardless of other alarm features. Colonoscopy is done in younger individuals in the presence of alarm symptoms or signs, positive family history of colorectal cancer or if there is no response to medical therapy. [22,31] Further workup up may considered in selected patients for the diagnosis of other conditions such as SIBO, celiac disease, bile acid diarrhea, malabsorption syndrome, and pancreatic or small bowel neoplasm .[62-66] Performing invasive tests does not increase patient satisfaction or improve quality of life.[36]

Differential Diagnosis of IBS- There is extensive differential diagnosis of IBS. Therefore, doctors feel obligated to perform a variety of diagnostic tests before attributing a patient's symptoms to IBS. Symptom pattern should be considered when trying to exclude serious diagnoses that can mimic as IBS.

TREATMENT– Role of dietary modification in IBS- Dietary modification has not been proved to reduce IBS symptoms but dietary restrictions can be done in patients in whom there are specific triggers for particular symptoms of IBS. The patients should be counselled to avoid certain foods such as Fats (which can lead to gas retention and flatulence), certain carbohydrates, such as beans, cabbage, broccoli, cauliflower (which are difficult to digest and produce excessive gas by fermentation) and excessive caffeine or carbonated drinks as well as judicious water intake (in patients with IBS-C)[67]. Major exclusion diets such as low FODMAP are not routinely recommended. Consumption of FODMAP's should be limited to patients who report bloating, gas, or excess flatulence.[38]

Moayyedi Paul, et al conducted a meta analysis of 14 randomized controlled trials with 906 patients found a small benefit of soluble fiber for IBS. MEDLINE, EMBASE, and the Cochrane Controlled Trials Register were searched up to December 2013. This trial recruited adults with IBS which compared fibers with placebo. Dichotomous

symptom data were pooled to obtain a relative risk (RR) of remaining symptomatic after therapy as well as number to treat (NNT) with a confidence interval of 95%.[68]

**NON-PHARMACOLOGICAL INTERVENTIONS-** Non-pharmacological interventions that are effective in reducing IBS symptoms include patient reassurance and education. Patients must be educated by the clinicians regarding the lack of major disorders in patients. They must be educated regarding psychosocial stressors and about appropriate management strategies. Patient should be advised to control and look for triggers. [69]. IBS patients should be guided for regular exercise. Mild Yoga reduces bloating and excessive gas formation. [42} Different postures practiced in Yoga along with different breathing patterns has been shown to improve IBS symptoms.[70]

**Role of Behavioural therapy or psychotherapy**- 4 major psychologically based therapies for patients with IBS are CBT, Psychodynamic (interpersonal therapy), hypnotherapy (gut directed hypnosis) and mindfulness-based therapy. The overall evidence is of low quality in this regard, but these psychotherapies are more effective than usual care in relieving global symptoms of IBS.[22] The best available evidence is of CBT which teaches patients techniques for changing behaviour and thought processes about their condition. It has been found that the number needed to treat for IBS patients in case of CBT is 3 patients which are superior to most of the drug therapies. The National Institute for Health and Care Excellence guidelines recommend adjunctive psychotherapy for patients whose symptoms do not respond to pharmacotherapy after 12 months or who have continued symptoms.[71]

**PHARMACOLOGICAL THERAPY FOR IBS-** Pharmacological treatments are generally aimed at improving 1 or more of the predominant symptoms, such as abdominal pain or bloating, constipation or diarrhoea.

Treatments aimed at improving global symptoms such as – abdominal pain or bloating

**Antispasmodics**- Antispasmodics are indicated on as per need basis as first line treatment to resolve abdominal spasms and cramps associated with IBS. Mechanism of action of these antispasmodics is by reducing smooth muscle contraction and also has an effect on visceral hypersensitivity. [56]

The available agents include Dicyclomine, Hyoscyamine. The common side effects of these agents include – dry mouth, dizziness and blurred vision.

Lisa Ruepert, et al conducted a meta-analysis of 56 studies. 3725 patients were included in this review. The various studies include 12 studies of bulking agents (621 patients), 29 of antispasmodics (2333 patients), and 15 of antidepressants (922 patients). No beneficial effect for bulking agents over placebo was found for improvement of abdominal pain. Subgroup analyses for insoluble and soluble fibres also showed no statistically significant benefit in this meta-analysis. A beneficial effect for antispasmodics over placebo was found for improvement of abdominal pain (58% of antispasmodic patients improved compared to 46% of placebo). Subgroup analyses was done for different types of antispasmodics found and statistically significant benefits were found for Cimteropium/ Dicyclomine, peppermint oil, Pinaverium and Trimebutine. Separate analysis of the studies with adequate allocation concealment found a significant benefit for improvement of abdominal pain. Significant beneficial effect was found for antidepressants over placebo for improvement of abdominal pain (54% of antidepressants patients improved compared to 37% of placebo. global assessment and symptom score (53% of antidepressants patients improved compared to 26% of placebo). Statistically significant benefit has been found for selective serotonin releasing inhibitors (SSRIs) for improvement of global assessment and for tricyclic antidepressants (TCAs) for improvement of abdominal pain

and symptom score. Adverse events were not assessed as an outcome in this review.[72]

Antidepressants: Low dose antidepressants have been recommended in patients who are refractory to antispasmodics and dietary alterations. Tricyclic antidepressants (TCA's) and SSRI are commonly used to treat depression, anxiety and neuropathic pain. The mechanism of action of these drugs in IBS is not known.[73] The time to onset of action is several weeks and the dosage required for treating IBS is much lower than that used to treat depression. TCA's can be combined with antispasmodics and when taken at night, may improve sleep – this action is based on side effects of these drugs i.e., fatigue and drowsiness. Low dose is started to treat IBS and then dose is gradually increased. SSRI are helpful in patients with IBS and depression and they are also helpful in improving patient's perception of illness and overall well being.[17]

Lin Chang, et al conducted a review of 8 RCT's- and they examined various TCA's (Amitriptyline, Desipramine, Trimipramine, Imipramine and Doxepine) in 523 patients with several types of IBS. It was found that there was an improvement in global symptoms and abdominal pain but quality of evidence was low. There were several adverse effects associated with these drugs – like dry mouth and drowsiness – and it was found that it frequently lead to the treatment withdrawal.[74]

**MANIPULATION OF GUT MICROFLORA-** Alteration in gut flora have been identified in patients of IBS and small intestinal overgrowth may play a role in symptoms.[75] Rifaximin has been found to be useful because this antibiotic is poorly absorbed-this improves global IBS symptoms as well as bloating. Rifaximin is administered at 550 mg 3 times per day for 14 days. The efficacy of Rifaximin diminishes over time, Probiotics have also been found useful but the exact mechanism is unknown.[74] The optimal formulation of organisms and the optimal dose and duration of treatment is not well understood.[76]

Treatments for IBS-C: In patients with IBS-C, osmotic laxatives such as polyethylene glycol can help increase the frequency of spontaneous bowel movements and improve constipation symptoms. Hypertonic osmotic laxatives such as milk of magnesia, magnesium citrate and sodium phosphate – they draw water into the bowel and should be used with caution in older adults and those patients who have renal impairment because of the risk for electrolyte abnormalities and dehydration. Lactulose should be avoided in IBS because it is broken down by colonic flora and thus, causes flatulence. Polyethylene glycol, a long chain polymer of ethylene oxide, is a large molecule that causes water to be retained in the colon – and it has been approved by the U.S. FDA for short term (2 week) treatment in adults and children with occasional constipation.[77]

Linaclotide, a minimally absorbed guanylate cyclase C agonist – causes induction of secretion of intestinal chloride and bicarbonate via activation of CFTR, resulting in acceleration of intestinal transit, it has an analgesic action also. The dose of Linaclotide to be used for IBS-C is at dose of 290 mcg/day and can be used as second line therapy after laxatives have failed in patients who have moderate to severe symptoms. Diarrhea is the most common treatment related side affect associated with this drug.

Lubiprostone, a type 2 chloride channel activator, stimulates fluid secretion and accelerates intestinal transit [63]. It is FDA approved at a dose of 8mcg twice daily for treatment of adult women with IBS-C. Lubiprostone has been found to improve global symptoms in patients with IBS-C. [78]

Treatments for IBS-D: Loperamide, a nonabsorbable synthetic mu-opiod receptor agonist, is first line agent for treatment of diarrhea in patients with IBS-D. The mechanism of action is by inhibition of peristalsis, resulting in prolonged intestinal transit.[64] It is advisable to take this drug on as needed or a scheduled basis , depending on the severity and frequency of symptoms. Two small and double blind

RCT's have been done for evaluation of Loperamide in patients with IBS. It was found to be effective in reducing diarrhea, however overall quality of evidence was low and data are deficient with regard to efficacy in specific gastrointestinal symptoms such as abdominal pain.[79]

Alosetron, is a selective 5-hydroxytryptamine$_3$-receptor antagonist. It reduces pain and diarrhea in patients with IBS-D by increasing colonic compliance and reducing the intestinal transit. It was approved in 2000 by the FDA for treatment of IBS-D in women – but it was withdrawn due to serious adverse events which were Ischemic colitis and serious complications of constipation. In 2002, FDA reintroduced Alosetron in patients with severe symptoms. In 9 year follow up post marketing safety study, incidence of ischemic colitis was 1.03 cases per 1000 patient-years and risk of serious constipation was 0.25 case per 1000 patient-years.[80]

Eight RCT's in 4227 patients compared the efficacy of Alosetron versus placebo in patients with predominantly IBS-D and found a reduction in abdominal pain and two RCT's in 1506 patients showed a significant improvement in symptoms.[80]

Eluxadoline is a newer mu-opiod-receptor agonist and δ-opiod-receptor antagonist that was approved in May 2015 to treat IBS-D. The recommended dose is 100 mg taken orally twice daily with food. Adverse events- Nausea, Abdominal pain, Constipation, Pancreatitis and Sphincter of Oddi dysfunction.[68]

Newer drugs- Several drugs have been studied for the treatment of IBS. [51]. Ramosetron, serotonin receptor antagonist might be useful in patients with IBS-D. Plecanatide is a guanylate cyclase C agonist, it might be useful in patients with IBS-C. Newer agents which are being investigated include a κ-opiod receptor antagonist with peripheral analgesic effects (asimadoline), a neurkinin-2-receptor antagonist (ibodutant), AST-120 (luminal adsorbents for IBS-D), bile acid binders

for IBS-C (chenodeoxycholic acid) and mast cell stabilizers (ketotifen). Several modalities like fecal transplanatation and sacral nerve stimulation are being explored.

# MATERIALS AND METHODS

## SOURCE OF DATA

This study was conducted on OPD basis in Department of Medicine, Department of Gastroenterology and Psychiatry, DMCH Ludhiana. This study was conducted in diagnosed cases of IBS and healthy attendants. Total 150 cases and 75 controls were chosen for conducting this study. This study was conducted for duration of 18 months (12 months enrollment and 6 months follow up from March, 2021 to August, 2022.

**STUDY POPULATION** – Diagnosed cases of IBS in the age group 18-65 years.

## METHOD OF COLLECTION OF DATA

Selection criteria

### INCLUSION CRITERIA (for Cases):

1. Age – 18 - 65 years

2. Patients of IBS diagnosed by ROME – IV Criteria

3. Patients giving informed and written consent

### INCLUSION CRITERIA (for Controls):

1. People giving Informed and written Consent
2. No significant GI disease

### EXCLUSION CRITERIA (for Cases)

1. Patients not giving the consent for the study purpose
2. Patients having any significant comorbidity such as Uncontrolled Diabetes Mellitus type 2, uncontrolled Hyper or Hypothyroidism (Metabolic Causes of Diarrhoea or Constipation)

3. Patients having history of any Gastrointestinal Surgery in the past (Post Procedural Causes of Malabsortive Diarrhoea)
4. Patients having any history of GI organic disorder: such as IBD, Celiac disease. (Inflammatory causes of Diarrhoea)
5. Patients having any active GI infection (Infectious Causes of Diarrhoea)
6. Alarm features-alarm features (a positive family history of colorectal cancer, rectal bleeding in the absence of documented bleeding hemorrhoids or anal fissures, unintentional weight loss, or anemia)

**EXCLUSION CRITERIA (for Controls)**

1. Fulfilling criteria for IBS
2. Patients not giving the informed and written consent
3. All other exclusion criteria as that of cases.

**CRITERIA FOR DIAGNOSIS OF IRRITABLE BOWEL SYNDROME**

ROME-IV CRITERIA: Recurrent abdominal pain, on average, at least 1 day/week in the last 3 months, associated with two or more of the following criteria:

1. Associated with a change in form (appearance) of stool.
2. Associated with change in stool frequency.
3. Related to defecation

Criteria should be fulfilled for the last 3 months with symptom onset at least 6 months prior to diagnosis.

**CLASSES OF OCCUPATION**

Occupational data was collected from patients and controls. Various occupations were grouped into various categories according to the Modified Kuppuswamy Scale into Clerical / Shop, Professional, Semiprofessional, Semiskilled, Skilled, Unemployed and Unskilled category.

SEVERITY OF IBS: Severity of IBS was assessed using IBS-Symptom severity scale which includes 5 areas assessing the questions related to symptoms with maximum score 150

Mild IBS - (75 – <175)

Moderate IBS - (175 – <300)

Severe IBS - (>300)

**SCALES FOR MEASUREMENT OF ANXIETY AND DEPRESSION** – HAM-A and HAM-D criteria were used for grading Anxiety and depression according to severity.

HAM-D Rating scale for Depression

0-7 Normal

8-13 Mild depression

14-18 Moderate depression

19-22 Severe depression

≥23 Very severe depression

HAM-A Rating scale for Depression

≤17- Mild anxiety

18-24 Mild to Moderate anxiety

25-30 Moderate to Severe anxiety

>30 Severe anxiety

**SAMPLE SIZE**- 150 Cases and 75 controls

**OUTCOME**- The outcome studied were variables like IBS-SSS, HAM-A and HAM-D scores of the cases and controls. Various risk factors were compared between cases and controls which were Age, Sex,

Occupation, Dietary risk factors, Depression and Anxiety. Cases were followed up to assess clinical course of the disease (after 6 months from date of enrollment). IBS-SSS, HAM-A and HAM-D scores were recalculated to assess the change in these scores with respect to each other after obtaining treatment in the OPD.

**STATISTICAL ANALYSIS**- Data was described in terms of mean ± stand Categorical data was presented as proportions, and continuous data as mean plus standard deviation. Categorical data was compared using Chi-square test and continuous data using t test. Cases and Controls were matched suitably for factors such as age, absence of any comorbidity, place of origin to avoid any confounding factor. A probability value <0.05 was considered statistically significant. All statistical calculations were done using SPSS (Statistical Package for the Social Science) SPSS 21 version statistical program for Microsoft Windows.

# OBSERVATION AND RESULTS

- A total of 150 patients of IBS and 75 controls were enrolled in our study. The study was conducted in diagnosed cases of IBS. Healthy attendants were chosen as controls.
- Severity of IBS was assessed using IBS-SSS.
- Psychosocial factors were assessed – Occupations were classified according to the Modified Kuppuswamy scale.
- Anxiety and Depression were assessed using HAM-A and HAM-D score.
- Cases were followed up after 6 months to assess change in IBS-SSS, change in severity class, change in HAM-A and HAM-D scores.

**CLINICAL CHARACTERISTICS:**

**AGE DISTRIBUTION:**

**TABLE 1- AGE WISE DISTRIBUTION OF CASES AND CONTROLS WITH IBS**

| | | Group | | | | Total | Chi-square value | p-value |
|---|---|---|---|---|---|---|---|---|
| | | Cases (n=150) | | Control (n=75) | | | | |
| Age group | < 30 | 29 | 19.3% | 12 | 16.0% | 41 | 8.869 | 0.064 |
| | 31-40 | 18 | 12.0% | 18 | 24.0% | 36 | | |
| | 41-50 | 30 | 20.0% | 19 | 25.3% | 49 | | |
| | 51-60 | 44 | 29.3% | 19 | 25.3% | 63 | | |
| | > 60 | 29 | 19.3% | 7 | 9.3% | 36 | | |
| Total | | 150 | 100.0% | 75 | 100.0% | 225 | | |

Most of the cases of IBS were in the age group 51-60 (29.3%).

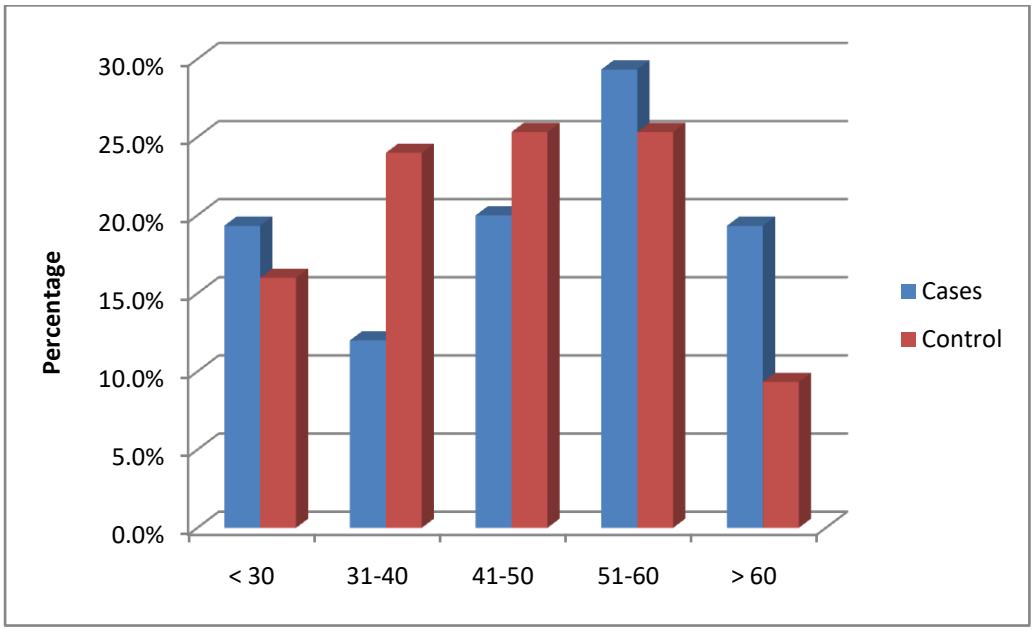



**FIGURE 1- AGE WISE DISTRIBUTION OF CASES AND CONTROLS WITH IBS**

**TABLE 2- MEAN AGE OF PATIENTS FOUND IN OUR STUDY OF IBS**

| | Cases | | Control | | t | p-value |
|---|---|---|---|---|---|---|
| | Mean | SD | Mean | SD | | |
| Age | 47.40 | 14.647 | 45.19 | 12.213 | 1.127 | 0.261 |

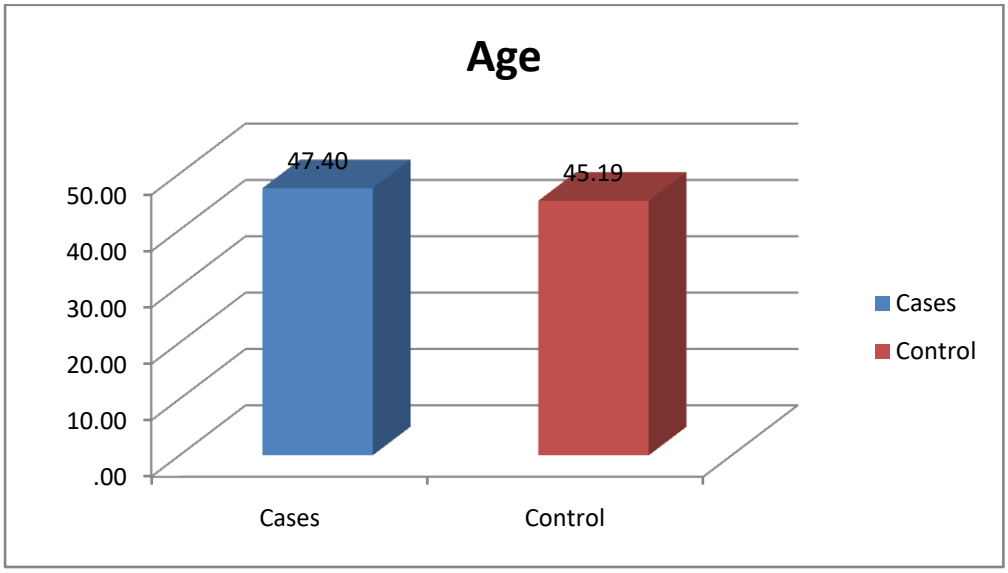



**FIGURE 2- MEAN AGE OF PATIENTS FOUND IN OUR STUDY OF IBS**

It was found in our study that Mean age of patients of IBS was 47.40 ± 14.647 years.

**TABLE 3- DISTRIBUTION OF IBS ACCORDING TO SEX**

| | | Group | | | | Total | Chi-square value | p-value |
|---|---|---|---|---|---|---|---|---|
| | | Cases | | Control | | | | |
| Sex | F | 48 | 32.0% | 27 | 36.0% | 75 | 0.36 | 0.549 |
| | M | 102 | 68.0% | 48 | 64.0% | 150 | | |
| Total | | 150 | 100.0% | 75 | 100.0% | 225 | | |

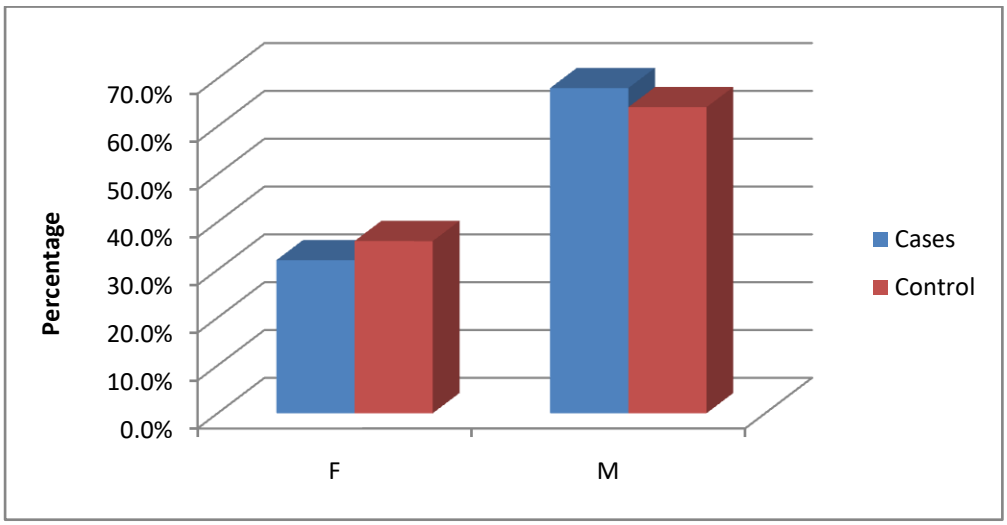



**FIGURE 3- DISTRIBUTION OF IBS ACCORDING TO SEX**

Cases and Controls were suitably matched for sex. In our study, in the case group, 102 out of 150 patients were male (68%) and there were 48 female out of 150 cases (32%). In the control group, 48 out of 75 were male (64%) and 27 were female (36%).

**TABLE 4- DISTRIBUTION OF IBS ACCORDING TO OCCUPATION**

Note- Various occupations have been graded according to Modified Kuppuswamy scale of socioeconomic status.

| | | Group | | | | Total | Chi-square value | p-value |
|---|---|---|---|---|---|---|---|---|
| | | Cases | | Control | | | | |
| Occupation | | | | | | | 33.951 | 0.001 |
| | Clerical / Shop | 15 | 10.0% | 6 | 8.0% | 21 | | |
| | Professional | 4 | 2.7% | 8 | 10.7% | 12 | | |
| | Semiprofessional | 17 | 11.3% | 21 | 28.0% | 38 | | |
| | Semiskilled | 10 | 6.7% | 5 | 6.7% | 15 | | |
| | Skilled | 25 | 16.7% | 0 | 0.0% | 25 | | |
| | Unemployed | 78 | 52.0% | 32 | 42.7% | 110 | | |
| | Unskilled | 0 | 0.0% | 3 | 4.0% | 3 | | |
| Total | | 150 | 100.0% | 75 | 100.0% | 225 | | |

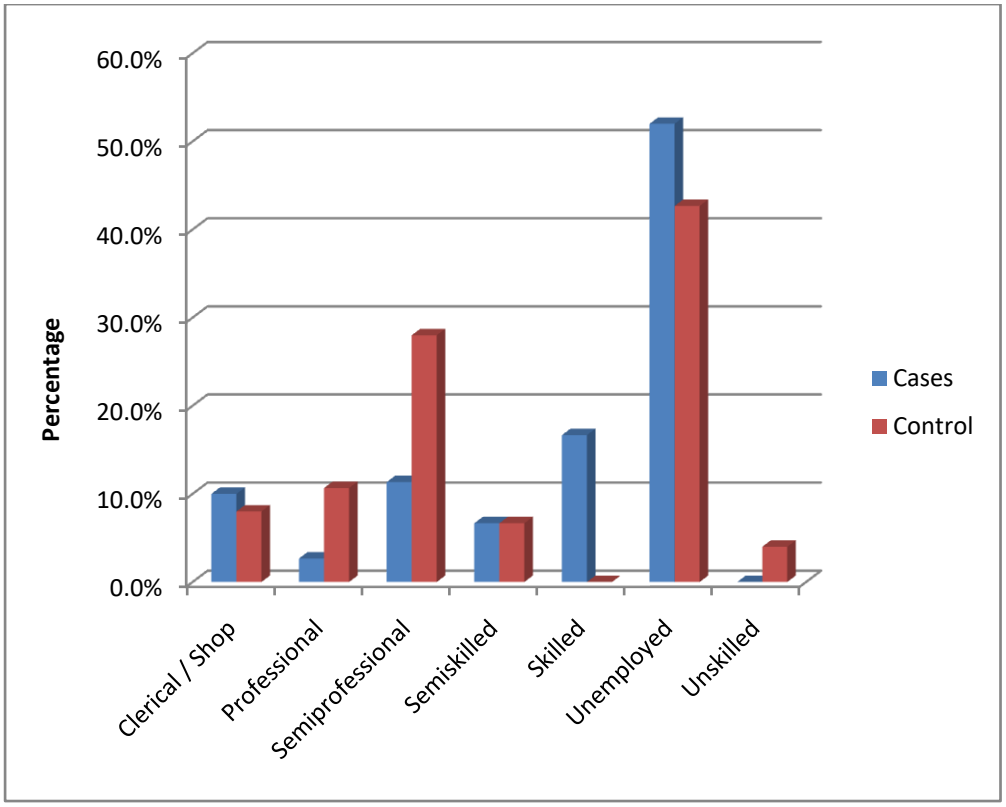



**FIGURE 4- DISTRIBUTION OF IBS ACCORDING TO OCCUPATION**

IBS cases were most common in the Unemployed group (52% of the cases), followed by the skilled group (16.7% of all cases) and were least common in the Professional group (2.7% of cases). Cases and controls had significant variation in occupation (p value 0.001)

**TABLE 5- DISTRIBUTION OF VARIOUS IBS CASES ACCORDING TO THE SUBTYPE**

| IBS subtype | No. of cases | %age |
|---|---|---|
| IBS-C | 29 | 19.3% |
| IBS-D | 65 | 43.3% |
| IBS-M | 56 | 37.3% |
| Total | 150 | 100.0% |

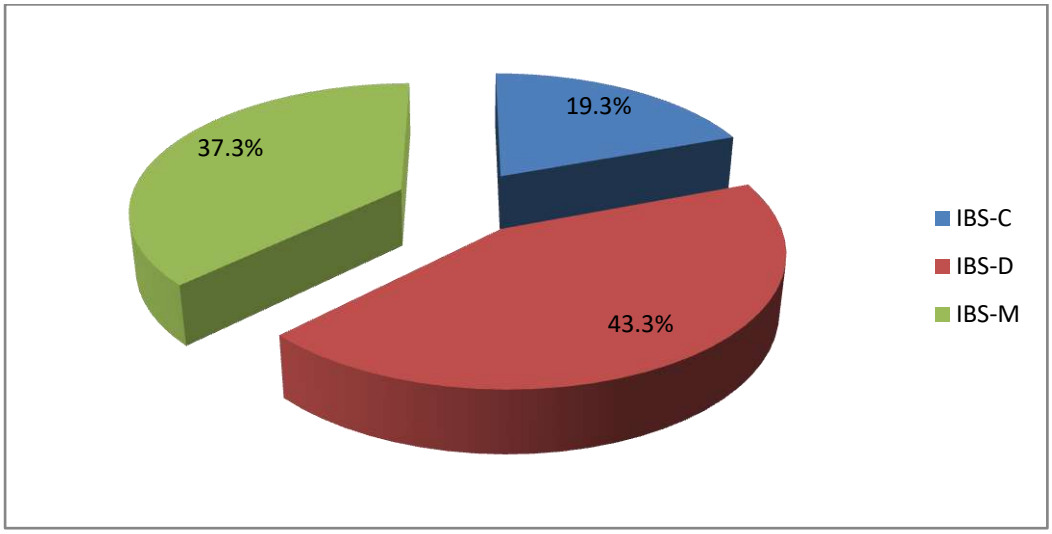



**FIGURE 5- DISTRIBUTION OF VARIOUS IBS CASES ACCORDING TO THE SUBTYPE**

Maximum cases of IBS belonged to the IBS-D subgroup (65 out of the 150 patients- 43.3%) followed by the IBS-M subgroup (56 out of 150 patients - 37.3%) and the least number of patients were found in the IBS-C subgroup (29 out of the 150 patients – 19.3%)

**TABLE 6- DISTRIBUTION OF IBS CASES ACCORDING TO SEVERITY**

| Severity grade (according to IBS-SSS) | No. of cases | %age |
|---|---|---|
| Mild (75 – <175) | 25 | 16.7% |
| Moderate (175 – <300) | 72 | 48.0% |
| Severe (300) | 53 | 35.3% |
| Total | 150 | 100.0% |

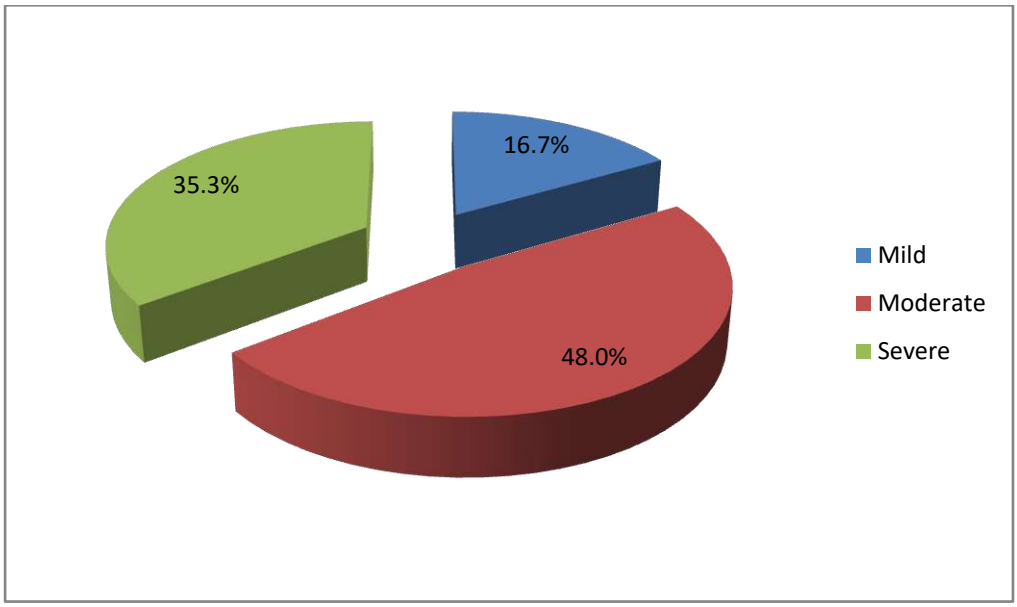



**FIGURE 6- DISTRIBUTION OF IBS CASES ACCORDING TO SEVERITY**

Most of the IBS cases in our study were of moderate severity (72 out of 150 patients- 48%) followed by Severe IBS (53 out of 150 patients- 35.3%) and least number of cases were of Mild severity (25 out of the 150 patients- 16.7%)

**TABLE 7- ANALYSIS OF DIETARY RISK FACTORS IN IBS**

| | | Group | | | | Total | Chi-square value | p-value |
|---|---|---|---|---|---|---|---|---|
| Dietary History | | Cases | | Control | | | | |
| Tea | No | 14 | 9.3% | 17 | 22.7% | 31 | 7.483 | 0.006 |
| | Yes | 136 | 90.7% | 58 | 77.3% | 194 | | |
| Coffee | No | 54 | 36.0% | 33 | 44.0% | 87 | 1.349 | 0.245 |
| | Yes | 96 | 64.0% | 42 | 56.0% | 138 | | |
| Fatty Food | No | 38 | 25.3% | 36 | 48.0% | 74 | 11.941 | 0.003 |
| | Yes | 112 | 74.7% | 39 | 52.0% | 151 | | |
| Spicy/Junk food | No | 54 | 36.0% | 26 | 34.7% | 80 | 0.039 | 0.844 |
| | Yes | 96 | 64.0% | 49 | 65.3% | 145 | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Milk | No | 51 | 34.0% | 35 | 46.7% | 86 | 5.697 | 0.058 |
| | Yes | 99 | 66.0% | 40 | 53.3% | 138 | | |
| Total | | 150 | 100.0% | 75 | 100.0% | 225 | | |

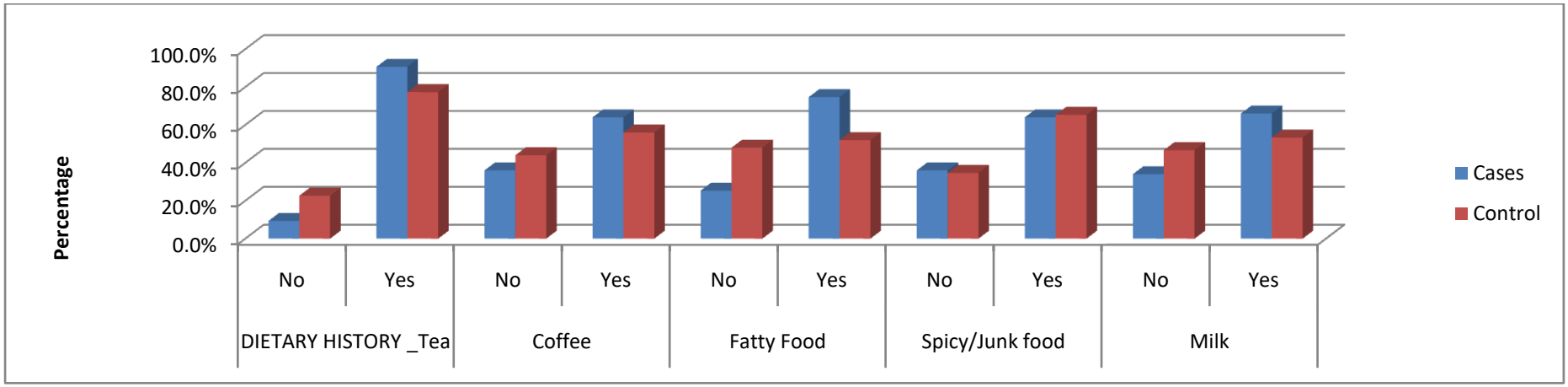



**FIGURE 7- ANALYSIS OF DIETARY RISK FACTORS IN IBS**

- Out of 150 cases, 136 had regular tea consumption (90.7%) and out of 75 controls, 58 were regular tea consumers (77.3%). Tea was found to be a significant dietary risk factor for IBS (p value 0.006).
- Out of 150 cases, 96 were found to be regular coffee consumers (64%) and out of 75 controls, 42 were found to coffee drinkers. (56%). Coffee was not found to be a risk factor for IBS in our study (p value 0.245)
- Out of 150 cases, 112 were found to be significant consumer of Fatty food (74.7%) and out of 75 controls, 39 were found to be consumer of Fatty food (52%)

  Fatty food was found to be a significant risk factor as a trigger of IBS in our study (p value 0.003)
- Out of 150 cases, 99 were found to be consumer of spicy or junk food (64%) and out of 75 controls, 49 were found to be consumer of spicy or junk food (65.3%)

  Spicy or junk food was not found to be a significant risk factor as a trigger for IBS in our study.(p value 0.844)
- Out of 150 cases, 99 were found to be consumer of milk (66%) and out of 75 controls, 40 were found to be consumer of milk (53.3%)

  Milk was not found to be a significant risk factor as a trigger for IBS in our study. (p value 0.058)

**TABLE 8- ANALYSIS OF ANXIETY AS A RISK FACTOR IN IBS**

| | | Group | | | | Total | Chi-square value | p-value |
|---|---|---|---|---|---|---|---|---|
| | (HAM-A) | Cases | | Control | | | | |
| Anxiety Severity | Mild (≤17) | 12 | 8.0% | 6 | 8.0% | 18 | 69.771 | 0.001 |
| | Mild to Moderate18-24) | 49 | 32.7% | 6 | 8.0% | 55 | | |
| | Moderate to Severe (25-30) | 24 | 16.0% | 1 | 1.3% | 25 | | |
| | Severe (>30) | 33 | 22.0% | 4 | 5.3% | 37 | | |
| | No | 32 | 21.3% | 58 | 77.3% | 90 | | |
| Total | | 150 | 100.0% | 75 | 100.0% | 225 | | |

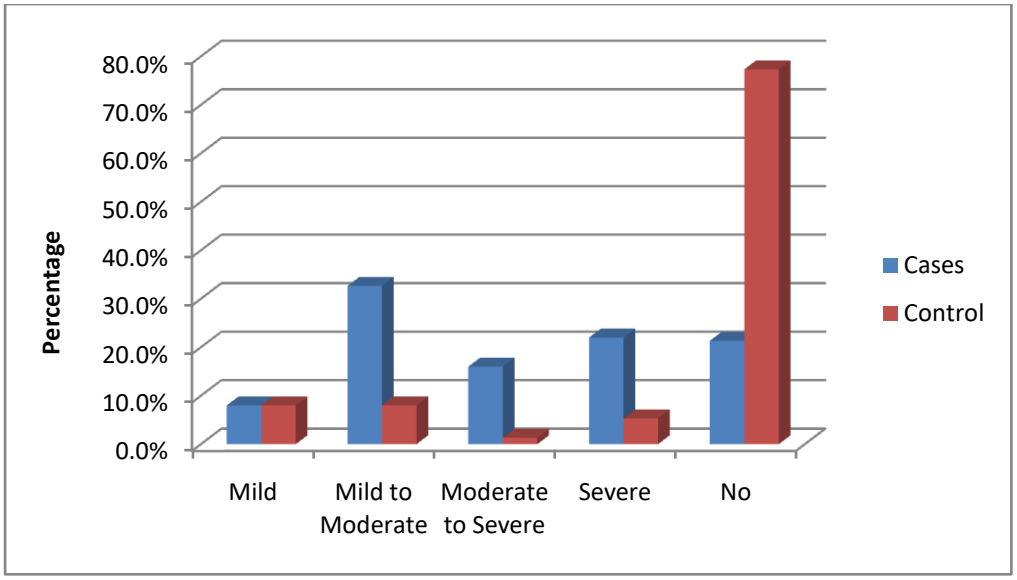



**FIGURE 8- ANALYSIS OF ANXIETY AS A RISK FACTOR IN IBS**

In our study, 49 people out of cases were having mild to moderate anxiety (32.7%), 33 people had Severe anxiety (22%). 32 had no anxiety (21.3%), 24 patients had Moderate to severe anxiety (16%) and 12 patients had Mild anxiety (8%). However, Out of 75 controls, maximum had no anxiety (77.3%), 6 had mild to moderate anxiety (8%), 6 had mild anxiety (8%), 4 had severe anxiety (5.3%), 1 patient had Moderate to Severe anxiety (1.3%). Thus, Anxiety was found to be a significant risk factor for IBS in our study (p value 0.001)

**TABLE 9- ANALYSIS OF DEPRESSION AS A RISK FACTOR IN IBS**

| | | Group | | | | Total | Chi-square value | p-value |
|---|---|---|---|---|---|---|---|---|
| | (HAM-D score) | Cases | | Control | | | | |
| Depression severity | Mild (8-13) | 30 | 20.0% | 6 | 8.0% | 36 | 82.853 | 0.001 |
| | Moderate (14-18) | 86 | 57.3% | 15 | 20.0% | 101 | | |
| | Severe (19-22) | 17 | 11.3% | 1 | 1.3% | 18 | | |
| | No | 17 | 11.3% | 53 | 70.7% | 70 | | |
| Total | | 150 | 100.0% | 75 | 100.0% | 225 | | |

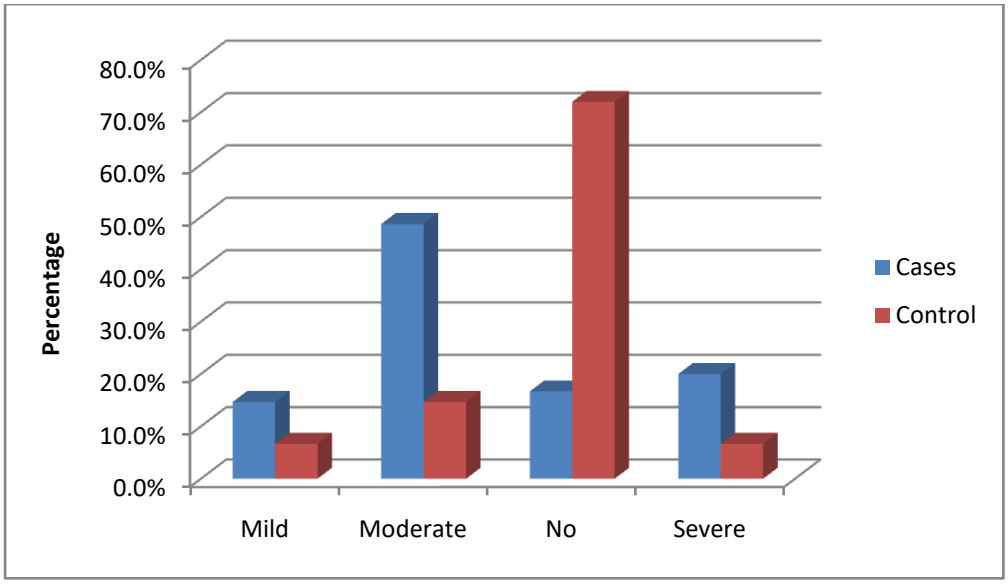



**FIGURE 9- ANALYSIS OF DEPRESSION AS A RISK FACTOR IN IBS**

In our study, it was found that out of 150 cases, 86 had moderate depression according to the HAM-D score (57.3%), 30 had mild depression (20%), 17 had Severe depression (11.3%) and 17 had no depression (11.3%) according to HAM-D score. Out of 75 controls, 53 had no depression (70.7%), 15 had moderate depression (20.0%), 6 patients had mild depression (8.0%) and 1 patient had severe depression (1.3%). Depression was found to be a significant risk factor for IBS in our study. (p value 0.001)

**TABLE 10- MEAN HAM-A SCORE AND MEAN HAM-D SCORE**

| | Cases | | Control | | t | p-value |
|---|---|---|---|---|---|---|
| | Mean | SD | Mean | SD | | |
| HAM-A score | 21.29 | 14.442 | 7.02 | 11.278 | 6.314 | 0.001 |
| HAM-D score | 13.62 | 5.678 | 4.53 | 7.104 | 10.352 | 0.001 |

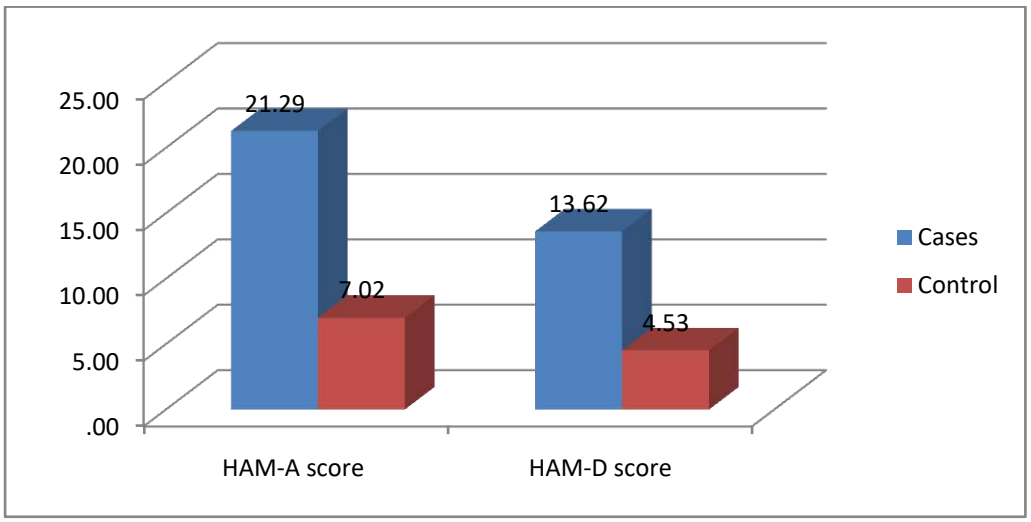



**FIGURE 10- MEAN HAM-A SCORE AND MEAN HAM-D SCORE**

Mean HAM-A score found in the cases in our study is 21.29 ± 14.442 and in our controls is 7.02 ± 11.278

Mean HAM-D score found in the cases in our study is 13.62 ± 5.678 and in our controls is 4.53 ± 7.104

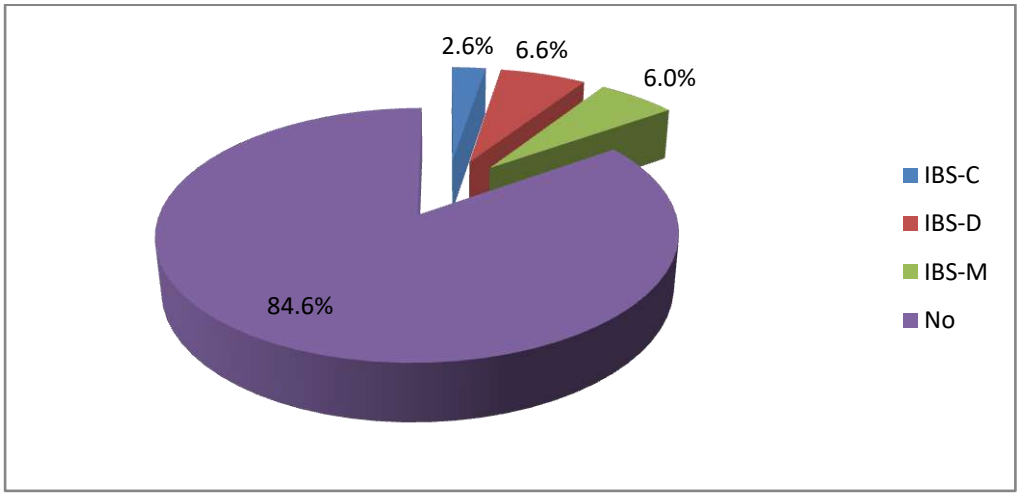
It was found that mean HAM-A score and HAM-D score was significantly higher in the

case group as compared to the control group (p value 0.001)

## FOLLOW UP OUTCOMES

### TABLE 11- ANALYSIS OF CHANGE IN SUBTYPE ON FOLLOW UP IN IBS PATIENTS

| Change in subtype | No. of cases | %age |
|---|---|---|
| IBS-C | 4 | 2.6% |
| IBS-D | 10 | 6.6% |
| IBS-M | 9 | 6.0% |
| No | 127 | 84.6% |
| Total | 150 | 100.0% |




### FIGURE 11- ANALYSIS OF CHANGE IN SUBTYPE ON FOLLOWS UP IN IBS PATIENTS

In our study it was found that upon follow up, 126 patients (84% of the patients) had no change in the subtype of IBS upon follow up. 24 patients had change in their IBS subtypes out of which 2 changed to IBS-C, 8 changed to IBS-D, 14 changed to IBS-M category.

**TABLE 12- CHANGE IN SEVERITY OF IBS UPON FOLLOW UP**

| Change in severity class | No. of cases | %age |
|---|---|---|
| Improve | 54 | 36.0% |
| No | 60 | 40.0% |
| Worsen | 36 | 24.0% |
| Total | 150 | 100.0% |

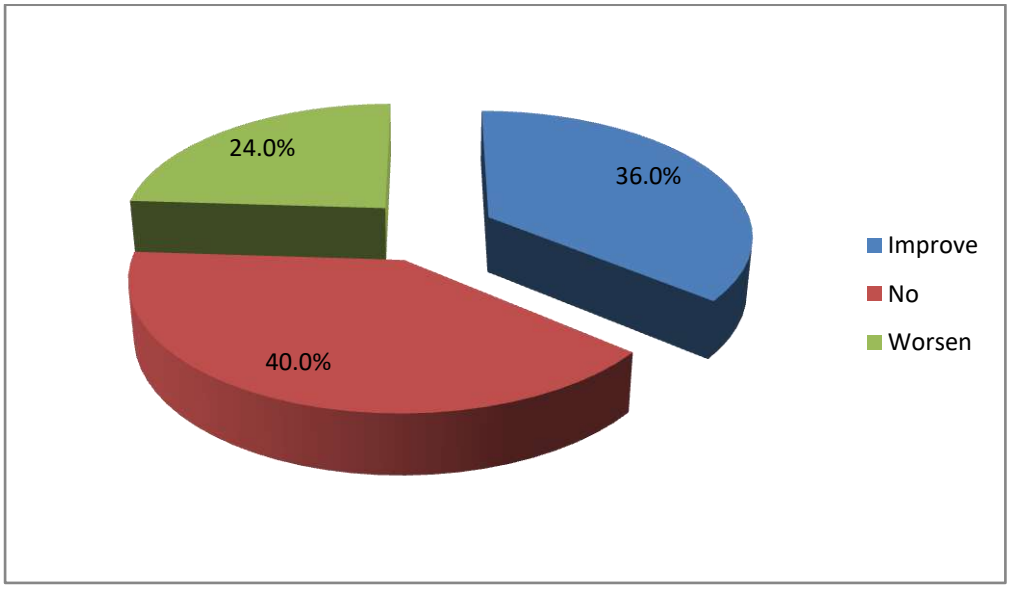



**FIGURE 12- CHANGE IN SEVERITY OF IBS UPON FOLLOW UP**

In our study, it was found that majority of patients (60 patients) (40%) out of 150 did not show any change in severity class upon follow up, 36 patients worsened upon follow up (24%), 54 patients improved upon follow up (36%).

**TABLE 13- ANALYSIS OF CHANGE IN IBS-SSS ON FOLLOW UP**

| | N | Minimum | Maximum | Mean | Std. deviation |
|---|---|---|---|---|---|
| Change in score | 150 | 100.00 | 360.00 | 252.57 | 61.01 |

It was found that Mean of the change in IBS-SSS upon follow up was found to be 252.57 ± 61.01

**TABLE 14- CORRELATION BETWEEN AGE AND FOLLOW UP OUTCOME OF IBS**

| | | Change in severity class | | | | | | Total | Chi-square value | p-value |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Improve | | No | | Worsen | | | | |
| Age group | < 30 | 9 | 16.7% | 13 | 21.7% | 7 | 19.4% | 29 | 7.925 | 0.441 |
| | 31-40 | 8 | 14.8% | 7 | 11.7% | 3 | 8.3% | 18 | | |
| | 41-50 | 10 | 18.5% | 14 | 23.3% | 6 | 16.7% | 30 | | |
| | 51-60 | 13 | 24.1% | 15 | 25.0% | 16 | 44.4% | 44 | | |
| | > 60 | 14 | 25.9% | 11 | 18.3% | 4 | 11.1% | 29 | | |
| Total | | 54 | 100.0% | 60 | 100.0% | 36 | 100.0% | 150 | | |

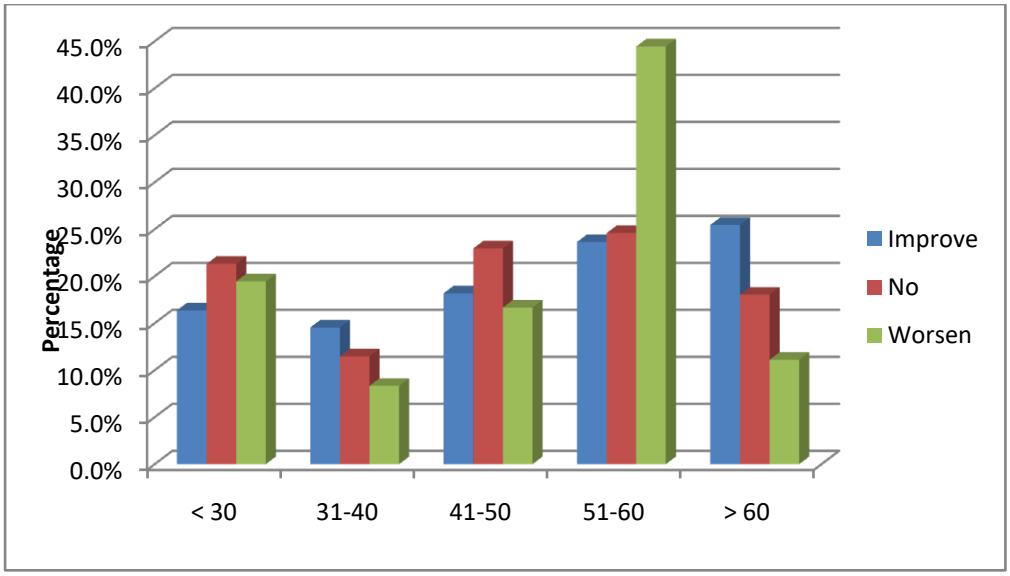



**FIGURE 13- CORRELATION BETWEEN AGE AND FOLLOW UP OUTCOME OF IBS**

In our study, it was found that out of 54 patients who improved after follow up, 14 patients were in the age group >60 years (25.9%), 13 patients (24.1%) were in the age group 51-60 years, 10 patients (18.5%) were in the age group 41-50 years, 9 patients (16.7%) were the age group <30 years, 8 patients (14.8%) were in the age group 31-40 years. Out of 60 patients who did not improve after follow up, majority of the patients, 15 (25%) were in the age group 51-60 years, 14 (23.3%) were in the age group 41-50 years, 11 (18.3%) were in the age group >60 years. Out of 36 patients who worsened after follow up in IBS, 16 patients (44.4%) were in the age group 51-60 years, 7 were in the age group <30 years (19.4%), 6 patients were in the age group 41-50 years (16.7%), 4 patients were in the age group >60 years (11.1%), 3 patients were in the age group 31-40 years (8.3%). Thus, age did not have any impact on the change in severity status of IBS.

**TABLE 15- ANALYSIS OF CHANGE IN SEVERITY CLASS ACCORDING TO BASELINE ANXIETY SEVERITY**

| | | Change in severity class | | | | | | Total | Chi-square value | p-value |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Improve | | No | | Worsen | | | | |
| Anxiety Severity | No | 6 | 11.1% | 16 | 26.7% | 10 | 27.8% | 32 | 24.046 | 0.002 |
| | Mild | 5 | 9.3% | 4 | 6.7% | 3 | 8.3% | 12 | | |
| | Mild to Moderate | 18 | 33.3% | 20 | 33.3% | 11 | 30.6% | 49 | | |
| | Moderate to Severe | 3 | 5.6% | 14 | 23.3% | 7 | 19.4% | 24 | | |
| | Severe | 22 | 40.7% | 6 | 10.0% | 5 | 13.9% | 33 | | |
| Total | | 54 | 100.0% | 60 | 100.0% | 36 | 100.0% | 150 | | |

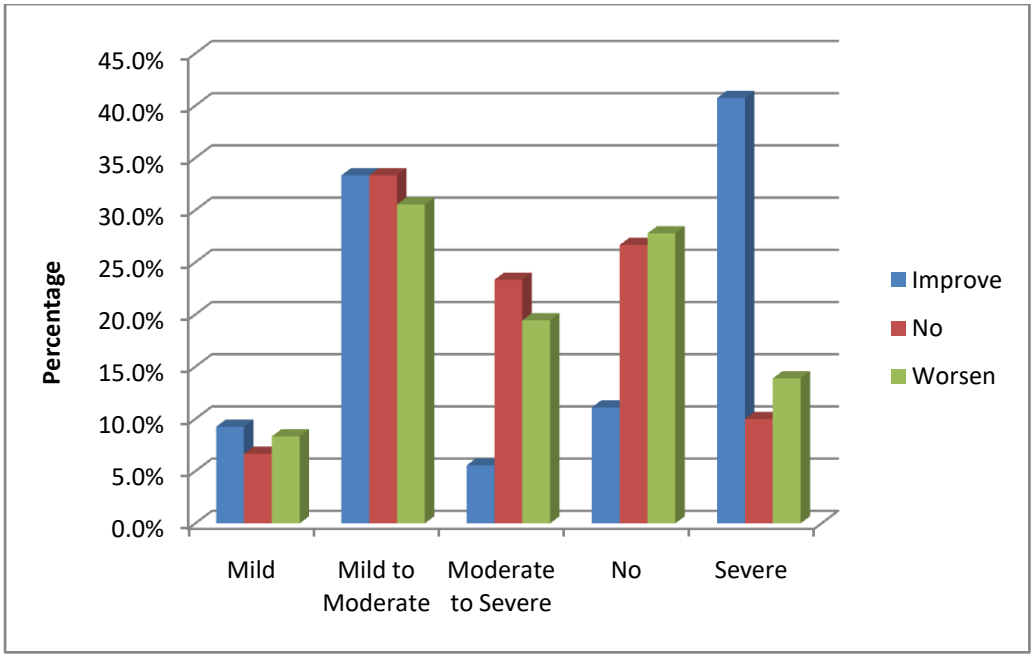



**FIGURE 14- ANALYSIS OF CHANGE IN SEVERITY CLASS ACCORDING TO BASELINE ANXIETY GRADE**

Out of 150 patients, upon follow up-

- 54 patients improved – out of which 22 patients had Severe anxiety (40.7%), 18 patients had mild to moderate anxiety (33.3%) , 6 patients had no anxiety (11.1%) , 5 patients had mild anxiety (9.3%) and 3 patients had Moderate to Severe anxiety (5.6%).
- 60 patients had no change in severity – out of which 20 patients had Mild to Moderate anxiety (33.3%), 16 patients had no anxiety (26.7%) , 14 patients had Moderate to Severe anxiety (23.3%) and 4 patients had mild anxiety (6.7%)
- 36 patients worsened – out of which 11 patients had mild to moderate anxiety (30.6%) , 10 patients had no anxiety (27.8%), 7 patients had Moderate to Severe anxiety (19.4%) , 5 patients had severe anxiety (13.9%) and 3 patients had mild anxiety (8.3%)
- Thus, patients with Severe anxiety upon treatment for 6 months had improvement in their IBS-SSS upon follow up in our study. This coorelation between change in severity score and the severity of anxiety is statistically significant. (p value 0.002)

**TABLE 16- ANALYSIS OF CHANGE IN SEVERITY CLASS ACCORDING TO BASELINE DEPRESSION SEVERITY**

| | | Change in severity class | | | | | | Total | Chi-square value | p-value |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Improve | | No | | Worsen | | | | |
| Depression severity | No | 1 | 1.9% | 6 | 10.0% | 10 | 27.8% | 17 | 19.34 | 0.004 |
| | Mild | 8 | 14.8% | 14 | 23.3% | 8 | 22.2% | 30 | | |
| | Moderate | 39 | 72.2% | 34 | 56.7% | 13 | 36.1% | 86 | | |
| | Severe | 6 | 11.1% | 6 | 10.0% | 5 | 13.9% | 17 | | |
| Total | | 54 | 100.0% | 60 | 100.0% | 36 | 100.0% | 150 | | |

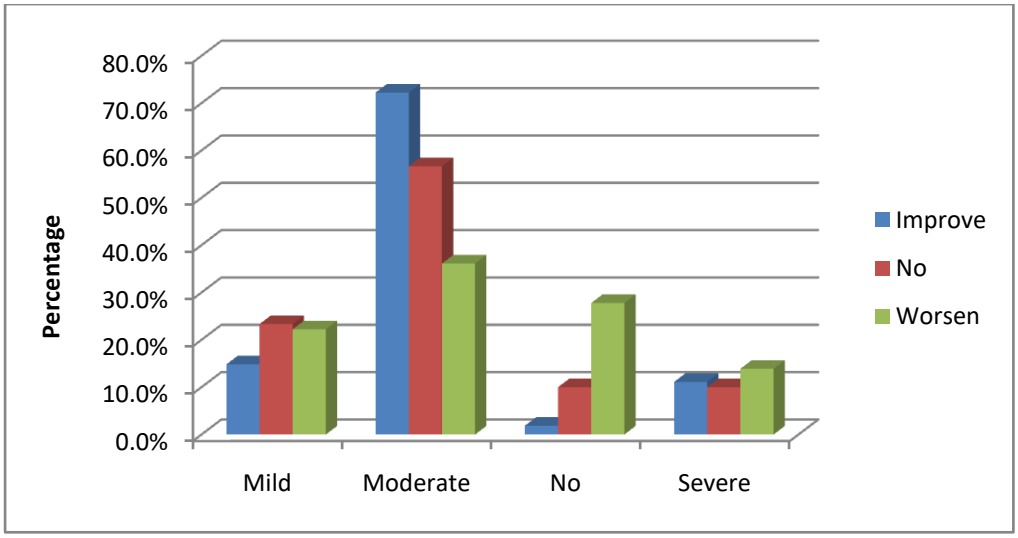



**FIGURE 15- ANALYSIS OF CHANGE IN SEVERITY CLASS ACCORDING TO BASELINE DEPRESSION SEVERITY**

In our study, it was found that out of 54 patients who improved after follow up of 6 months 33 had moderate depression (61.1%) , 12 had severe depression (22.2%) , 6 had mild depression (11.1%) and 3 patients did not have any depression. Out of 60 patients who did not have any change in severity of IBS upon follow up , 28 patients had moderate depression (46.7%), 12 patients (20%) had severe depression , 11 patients (18.3%) had no depression , 9 patients (15%) had no depression.

Out of 36 patients who worsened after follow up in IBS, 12 patients had moderate depression (33.3%), 11 patients (30.6%) had no depression, 7 patients (19.4%) had mild depression, 6 patients had severe depression (16.7%).

It was observed that maximum improvement was seen in patients who had moderate depression (p value 0.041).

**TABLE-17 ANALYSIS OF CORRELATION BETWEEN CHANGE IN ANXIETY SEVERITY WITH CHANGE IN IBS SCORE UPON FOLLOW UP.**

| | | Change in severity class | | | | | | Total | Chi-square value | p-value |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Improve | | No | | Worsen | | | | |
| Change in severity of anxiety | Improve | 39 | 72.2% | 7 | 11.7% | 3 | 8.3% | 49 | 142.531 | 0.001 |
| | No | 14 | 25.9% | 51 | 85.0% | 6 | 16.7% | 71 | | |
| | Worsen | 1 | 1.9% | 2 | 3.3% | 27 | 75.0% | 30 | | |
| Total | | 54 | 100.0% | 60 | 100.0% | 36 | 100.0% | 150 | | |

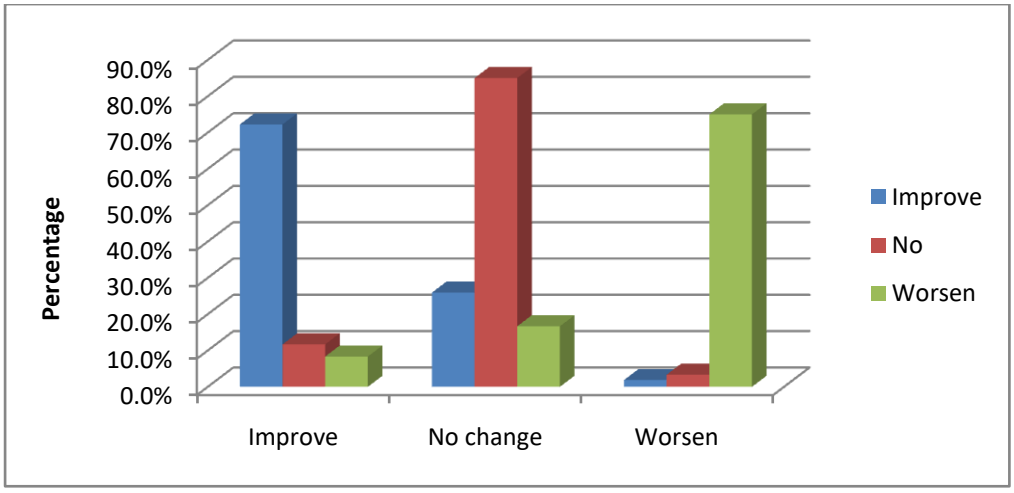



**FIGURE-16 ANALYSIS OF CORRELATION BETWEEN CHANGE IN ANXIETY SEVERITY WITH CHANGE IN IBS SCORE UPON FOLLOW UP.**

It was found in our study that change in severity of anxiety had direct relationship with change in severity of IBS-SSS. It was observed that 54 patients improved after follow up (in IBS-SSS) out of which 39 patients (majority , 72.2% ) also had improvement in the anxiety score upon follow up, 14 had no change in the severity of anxiety upon follow up and 1 patient (1.9%) had worsening of anxiety score upon follow up.

It was observed in our study that 60 patients had no change in severity of IBS upon follow up out of which 51 had no change in severity of anxiety as well (85%, majority of the patients) , 7 had improvement in severity of anxiety upon follow up (11.7%) and 2 patients (3.3%) had worsening of anxiety upon follow up.

It was observed in our study that 36 patients worsened in IBS-SSS upon follow up out of which 27 patients also had worsening of anxiety score upon follow up (75%), 6 patients had no change in severity of anxiety upon follow up (16.7%) and 3 patients (8.3%) had improvement in anxiety score.

**TABLE- 18 ANALYSIS OF CORRELATION BETWEEN CHANGE IN DEPRESSION SEVERITY WITH CHANGE IN IBS SCORE UPON FOLLOW UP.**

| | | Change in severity class | | | | | | Total | Chi-square value | p-value |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Improve | | No | | Worsen | | | | |
| Change in severity of depression | Improve | 40 | 74.07% | 12 | 20.0 % | 3 | 8.3% | 54 | 101.403 | 0.001 |
| | No | 11 | 20.37% | 47 | 78.3 % | 13 | 36.1 % | 71 | | |
| | Worsen | 3 | 5.55 % | 1 | 1.7% | 20 | 55.6 % | 24 | | |
| Total | | 54 | 100.0% | 60 | 100.0% | 36 | 100.0% | 150 | | |

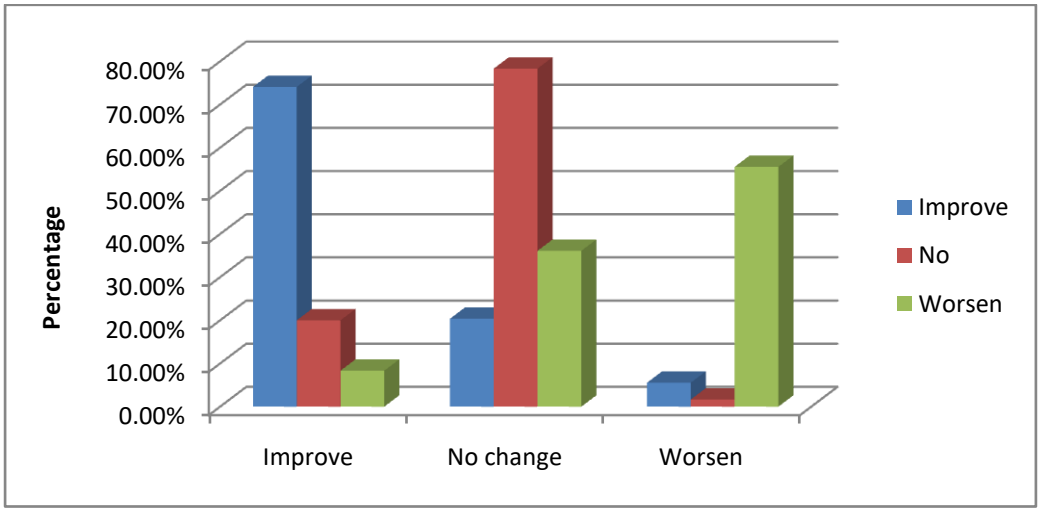



**FIGURE- 17 ANALYSIS OF CORRELATION BETWEEN CHANGES IN DEPRESSION SEVERITY WITH CHANGE IN IBS SCORE UPON FOLLOW UP.**

In our study, it was observed that out of 54 patients who improved in IBS after follow up , 40 patients improved in severity of anxiety as well (74.07%), 11 patients had no change in severity of anxiety upon follow up (20.37%) and 3 patients had worsened anxiety severity upon follow up (5.55%).

It was found that 60 patients of IBS had no change in severity upon follow up out of which 47 patients (78.3%) had no change in severity of anxiety as well, upon follow up , 12 patients (20.0%) had improvement in depression severity and 1 patient had worsening depression severity (1.7%).

It was also observed in our study that 36 patients had worsening of IBS-SSS upon follow up out of which 20 patients had worsening of depression score as well (majority , 55.6%), 13 patients had no change in severity of depression (36.1%) and 3 patients had improvement in the depression severity (8.3%). Thus, change in severity of depression was found to be directly related to change in severity of IBS upon follow up in our study and this result was found to be statistically significant. (p value 0.001)

**TABLE 19- Analysis of change in severity class of IBS according to change in subtype of IBS**

| | | Change in severity class | | | | | | Total | Chi-square value | p-value |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Improve | | No | | Worsen | | | | |
| Change in subtype | IBS-C | 2 | 3.7% | 0 | 0.0% | 0 | 0.0% | 2 | 8.664 | 0.193 |
| | IBS-D | 0 | 0.0% | 5 | 8.3% | 3 | 8.3% | 8 | | |
| | IBS-M | 4 | 7.4% | 6 | 10.0% | 4 | 11.1% | 14 | | |
| | No | 48 | 88.9% | 49 | 81.7% | 29 | 80.6% | 126 | | |
| Total | | 54 | 100.0% | 60 | 100.0% | 36 | 100.0% | 150 | | |

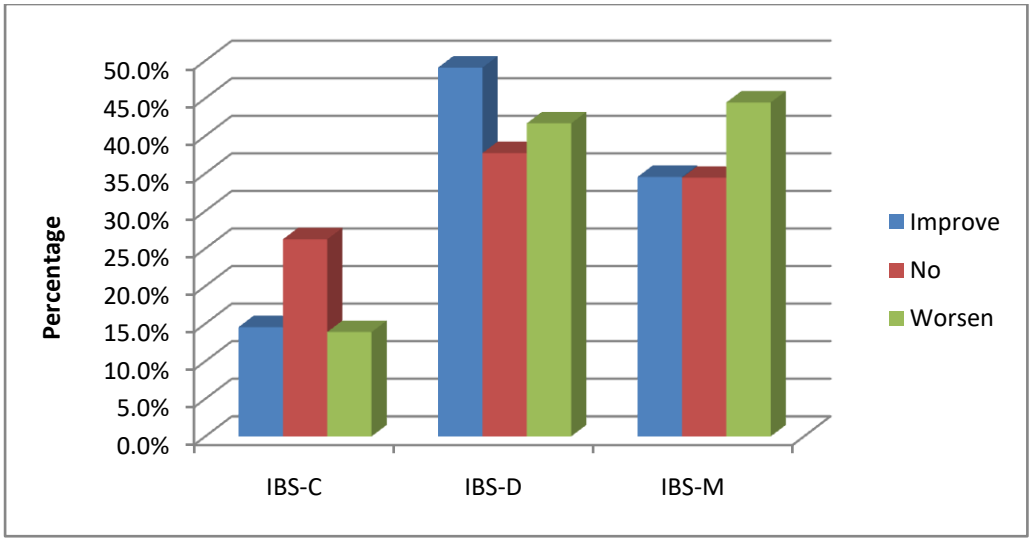



**FIGURE 19- Analysis of change in severity class of IBS according to change in subtype of IBS**

In our study, it was found that out of 54 patients who improved after 6 month follow up, 48 had no change in subtype of IBS (88.9%), 4 patients who improved out of 54 had initial subtype as IBS-M (7.4%), 2 patients who improved out of 54 (3.7%) had initial subtype of IBS as IBS-C. It was found that out of 60 patients who did not improve or worsen after follow up, ( who did not have any change in the severity class on follow up) , 6 patients (10%) had IBS-M subtype before follow up, 5 patients (8.3%) had IBS-D subtype before follow-up, and no patient (0%) out of 60 unchanged patients was in IBS-D subtype. In our study, 36 patients of IBS worsened out of which 29 patients (80.6%) had no change in subtype upon follow up for IBS, 4 patients (11.1%) out of 36patients who worsened had IBS-M initial subtype before follow up, 3 patients out of 36 patients (8.3%) who worsened had IBS-D as

the initial subtype, no patient out of who worsened had IBS-C as the initial presentation.

# DISCUSSION

Irritable bowel syndrome is one of the most common gastrointestinal disorders. It is one of the FGID (functional gastrointestinal disorder). also known as DGBI (disorders of gut brain interaction). This study was meant to study the psychosocial and dietary risk factors in Irritable Bowel syndrome. This is a case control study conducted in patients of a tertiary care hospital – DMCH, Ludhiana in 150 patients and 75 controls comprising of patients and their healthy attendants visiting OPD of Gastroenterology and Medicine. Data obtained was compared with previously published literature to assess the role of risk factors in IBS. We assessed severity of IBS using the IBS-SSS (IBS symptom severity score). Severity of anxiety and depression (psychiatric risk factors) was assessed using HAM-A and HAM-D scores. Cases were followed up after 6 months to assess the clinical course of the disease.

Maximum patients were found in the age group 51-60 years (n= 150) (44% of the patients) and minimum patients were found in the age group 31-40 years in our study (n=150) (12% of the patients). The mean age of patients of IBS was found to be 47.40 ± 14.647 but age was not found to be a significant risk factor. (n=150, p value=0.064). In a community study conducted by Makharia et al, the maximum prevalence of IBS was in the age group 51-60 years (5.8%) with the least number of people in the age group 18-30 years (3.2%) with mean age of 34.6 ± 10.8 years.[38] On the other hand, Ghoshal et al found that majority of patients of IBS were having the age group 39.74 years.[10] Nagaonkar et al observed the maximum prevalence of IBS in the age group 45-50 years (17.65%) with minimum prevalence seen in 15-24 years (7.43%).[26] The maximum prevalence of IBS was found in the age group 31-45 years in a study by Khanna et al and mean age in the same study was found to be 38.55 ± 12.45 years.[81] This difference in the prevalence of IBS between in hospital and community based study could be explained by the fact that patients of IBS visiting

hospital and seeking healthcare are different from those in the community.

**TABLE 22-Different studies about age in IBS patients**

| Studies | Age Group (max patient) | Age group (Min patient) | Mean age (years) |
|---|---|---|---|
| Our Study | 51-60 years | 31-40 years | 47.40 ± 14.647 |
| Makharia et al | 51-60 years | 18-30 years | 34.6 ± 10.8 |
| Ghoshal et al | - | - | 39.74 |
| Nagaonkar et al | 45-50 years | 15-20 years | - |
| Khanna et al | 31-45 years | | 38.55± 12.45 |

According to our study, out of 150 patients, 102 were male (68%) and 48 were female (32%). Sex was not found to be a significant risk factor for IBS. (n=150, p value=0.549) Similar results were seen by Sharma et al with an observed ratio of 3:1 for Male:Female.[82] In contrast to our study, In a community study conducted by Makharia et al prevalence of IBS was significantly higher in females compared to males (4.8% vs. 3.2%) (p value 0.008).[38] Gwee et al found that IBS was prevalent in as many men as women in most Asian countries.[59] Ghoshal et al found no gender differences in IBS[12] As per the Asian study conducted by Lovell et al, IBS was found to be more common in women as compared to men. This difference in variation of prevalence of IBS among men and women could be possible due to the variation of the geographical regions and it was found that this variation was statistically significant.

(p value <0.001).[6] Goyal, et al found prevalence of FGIDs to be 26.9% (n = 352), significantly higher among females compared with males (32.3% vs. 17.6%; p < 0.001).[83]

It was observed that majority of patients in our study were of the subtype IBS-D (43.3%), followed by IBS-M subtype (37.3%) and IBS-C was least common (19.3%). Makharia et al found that majority of patients had IBS-M as the predominant subtype (42.4%) followed by IBS-D (37.7%), IBS-U (13.6%) and IBS-C (6.3%) which was the least common subtype.[38] This difference in the prevalence of various subtypes of IBS could be due to the different criteria used for diagnosis of IBS. The use of ROME IV criteria causes reduction in the prevalence of IBS as the word abdominal discomfort has been removed from the earlier used ROME-III criteria.

Similarly , as per the study conducted by Goyal et al , most common subtype of IBS was found to be IBS-D (63% of the cases), followed by IBS with constipation (IBS-C), IBS-M (8.6%) and IBS-U (7.3%) which was similar to the results of our study. This similarity could be due to the same geographical region of both studies (both studies were done in Punjab) and use of ROME IV criteria in both studies[83]

For studying the role of occupation as a risk factor, various occupations were grouped according to the modified kuppuswamy score into 7 groups- out of which majority of patients were in the unemployed category (52%) and least number of patients were in the professional category (2.7%). This relatively higher prevalence of IBS found in unemployed people could be thought as a result of higher prevalence of psychiatric disorders in the unemployed population. Occupation was found to be significant risk factor for IBS. Khanna et al found that IBS was mostly prevalent in professionals (19%) and skilled workers (19%) followed by unemployed population (13.7%).[81] The professional group of people had highest prevalence of IBS in this study in contrast to our study. Alharbi S.H also had similar results to our study with maximum prevalence seen in the jobless (unemployed) group with prevalence of

57.5%.[84] Huerta, et al found that high job demand doubled the prevalence of IBS, with maximum prevalence of IBS in the healthcare sector and social work activities as compared to the professionals.[85]

There was significant role of dietary triggers as risk factors for various symptoms of IBS. Role of Tea, Coffee, Fatty food, Spicy/junk food was studied out of 150 cases, 136 cases had significant tea intake, 54 cases had significant Coffee intake, 112 cases had significant intake of fatty food for most of the days of the week, 96 patients had significant intake of spicy/junk food for most of the days, 99 people had significant intake of Milk for most of the days. When this data was compared with that of controls, it was found that Tea and Fatty food were found to be significant triggers of IBS symptoms as compared to controls (n=150 with p value 0.006 for tea and p value 0.003 for coffee). As per the study conducted by Basandra et al, it was found that increase in the consumption of fatty food, measured by the average frequency per month also increased the prevalence of IBS with p value 0.00. It was found that tea intake, coffee intake, alcohol intake, usage of bidi or cigarettes or duration of NSAID's intake did not significantly affect the prevalence of IBS. The difference in the results of these studies could be explained by the fact that this study was conducted in an economically sound region with most people in the age group of students 18-20 years in contrast to our study where people of age group 18-65 years were enrolled.[86]

Goyal et al found that consumption of fast food/ junk food, non-vegetarian foods and aerated drinks had significant impact on prevalence of FGID's including IBS with p value of <0.001, <0.001 and 0.000 respectively. However, our study had different results as far as consumption of tea is concerned – consumption of tea was found to be a significant trigger in our study but it was not so in the study being discussed here.[83]

Two major psychiatric disorders – that is, Anxiety and Depression were studied in 150 patients in our study. These patients were compared

with 75 controls to see relative prevalence of anxiety and depression in the diagnosed cases of IBS as compared to healthy controls. These 150 patients were followed up after 6 months from the date of enrolment to assess the change in anxiety and depression severity upon follow up. HAM-A and HAM-D scores were used to assess severity of anxiety and depression. IBS-SSS (IBS symptom severity score) was used for assessment of severity of IBS severity. Thus, eventually, change in the HAM-A and HAM-D score was compared with the change in IBS-SSS.

It was found in our study that maximum number of patients who had IBS was from the category of Mild to Moderate anxiety as per the HAM-A scoring (32.7%) whereas least number of patients (8%) had mild anxiety. It was found that anxiety was found to be significantly higher in IBS patients as compared to the healthy controls who did not have IBS. Mean of HAM-A score in our study was found to be 21.29 ± 14.442. It was significantly higher as compared to the mean of HAM-A score seen in controls 7.02 ± 11.278 and this result was found to be statistically significant (p value 0.001) In a study conducted by Banerjee et al where 50 patients of IBS were assessed for psychiatric comorbidities anxiety and depression, the mean of HAM-A score in cases of this study was found to be 16.74 ± 0.52 ,the mean of the HAM-A score in controls was found to be 4.96 ± 6.53 and the p value was <0.001.[35] The prevalence of anxiety was found to be 44% according to this study The prevalence of anxiety among IBS patients found in our study was found to be 78.6%. It was found in our study, upon follow up, along with change in severity of anxiety, there was also a change in severity of IBS-SSS. Alharbi S.H found anxiety to be present in 514 participants of their study out of which 55% had IBS. Anxiety as a risk factor was found to be statistically significant in this study. (p value < 0.0001).[84]

Relationship of Depression with IBS (IBS-SSS and HAM-D score): It was found in our study that maximum number of patients who had IBS

had Moderate depression (57.3%) and least number of patients of IBS had severe depression (11.3%) as per HAM-D score. When compared with controls, it was found that depression was a significant risk factor for IBS in our study. The mean HAM-D score found in our study was 13.62 ± 5.678 whereas mean of HAM-D score found in controls was 4.53 ± 7.104. This difference was found to be statistically significant with p value 0.001. In the study conducted by Banerjee, et al, mean of HAM-D was found to be 16.1 ± 8.19 in cases and 4.32 ± 5.42 in controls. Prevalence of Depression found in our study was 88.6 % which was comparable to the prevalence found in this study that is, 84%.[35]

Upon follow up, change in severity of depression was also related to the change in severity of IBS-SSS in our study. Alharbi S.H found depression in 337 participants of their study out of which 177 (52.5%) had IBS and the risk of depression was found to be statistically significant. (p value 0.0003).[85]

Kawoos et al conducted a case control study and it was found that similar to our study, prevalence of psychiatric co morbities was significantly higher in patients having IBS as compared to patients who do not have IBS and the 2 most common psychiatric comorbidities seen in IBS patients were found to be Major Depressive Episode and Generalized Anxiety Disorder. In this study, psychiatric disorders were seen in 135 (84.4%) people out of cases as compared to 83 people out of controls (41.5%).[87]

Similarly, in a study conducted by Goyal et al it was found that HAM-A score >7 was significantly associated with IBS in the set of students enrolled under the study (p value <0.001) but HAM-D score >7 was not found to be having a significant role in the IBS as per this study.[83]

It was found in our study upon follow up that after 6 months, there was a variation in the subtypes of IBS. Majority of the patients (84%) had no change in the subtype of IBS upon follow up. Out of 24 patients who

had a change in subtype of IBS upon follow up, 14 had IBS-M subtype after follow up (9.3%), 8 had IBS-D subtype after follow up (5.3%) and 2 patients (1.3%) had IBS-C upon follow up. Thus, maximum number of patients upon follow up had conversion into the IBS-M subtype upon follow up. Similar results were observed by study conducted by Mearin et al which showed that after 3 months of follow up in IBS – 2/3$^{rd}$ of the patients showed no change in the clinical pattern of IBS (IBS- subtype). This study showed that IBS-C and IBS-D were the most unstable subtypes of IBS and majority of them transformed into the IBS-M subtype upon follow up.[88]

There was also a change in the severity class of IBS as assessed by IBS-SSS. 60 patients did not have any change in the severity of IBS (40%) of the patients, 54 patients improved after follow up in their IBS-SSS (36%) and 36 patients had worsening of IBS as assessed by IBS-SSS (24%). It was observed in a randomized control trial conducted by Everitt et al to assess the role of pharmacological therapy versus self management guidelines (including counselling sessions). It was found that upon follow up of 6 weeks (1.5 months) and 12 weeks (3 months), there was a decrease in mean IBS-SSS at 6 weeks by 52 points from baseline and at 12 weeks by 35 points from baseline[89] Thus, it can be seen that majority of patients in this study had a significant improvement in the IBS-SSS upon follow up (with improvement by atleast a factor of 50). In contrast, in our study, majority of patients had no change in severity of IBS upon follow up. This difference in the results of these studies could be the difference in the literacy rate of the two countries, difference in the awareness of the disease and lack of counselling sessions or cognitive behavioural therapies in an Asian country like India and the role of lack of compliance.

Fukushima et al, observed that drug therapy for treatment of IBS caused improvement in the IBS-SSS and severity of IBS in two different intervention groups of drugs. Overall improvement was observed in 19 out of 20 (95%) and 17 out of 20 (85%) participants,

respectively. Total IBS-SSS scores were significantly lower than those at week 0. Even the quality of life and symptoms improved after the therapy and improvement of IBS-SSS.[90] Drossman et al reported that greater IBS-SSS was reported to have poor outcome. The IBS-SSS was found to be responsive to treatment.[91] Francis et al found a 37-point reduction in the IBS-SSS score over 1 year (P = 0.01) evaluating the response to cognitive-behavioral therapy. This reduction was associated with a significant reduction in the depression scale in concordance with our study.

Carruthers et al found that there was a > 50 % reduction in symptoms following hypnotherapy with IBS-SSS mean score reduction of 139, which was found to be in excess of 50-point reduction in IBS-SSS (considered to be responders).[92]

According to Lyra et al, follow up after 12 weeks of treatment was done and it was found that IBS-SSS decreased by a mean ±SD of 44.0 ± 80.2, 50.8 ± 82.4, and 48.3 ± 72.2 in the placebo, active low-dose, and active high-dose groups, respectively.[93]

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# SUMMARY AND CONCLUSION

- This study was conducted in 150 cases of IBS and 75 controls which were healthy attendants of the patients.
- IBS was found to be most prevalent in the age group of 51-60 years (29.3%) and the mean age was found to be 47.40±14.647 years
- Two thirds of the total patients in our study were male (68%) and one third of the total patients were female (32%).
- Occupation was found to be a risk factor for IBS (p value=0.001) (as compared to controls) with unemployed population group contributing more than half of the total patients of IBS in our study (n=78, 52%).
- IBS-D was found to be the most common subtype of IBS in our study (n=65, 43.3%). More than one third of the patients had IBS-M (n=56, 37.3%) and 19.3% of the total patients had IBS-C.
- Severity of IBS was assessed with IBS-SSS and half of the total patients (n=72, 48%) were seen with moderate severity. Approximately one third of the patients had severe IBS (n=53, 35.3%) and only 16.7% of the total cases had mild IBS (n=25)
- Dietary triggers like tea and fatty food were found to be significant triggers of IBS (as compared to controls) with p value = 0.006 and 0.003 respectively
- Major Psychiatric illnesses (Anxiety and Depression) were significantly associated with IBS. (p value 0.001 and 0.001 respectively).
- Mean HAM-A and HAM-D score were found to be 21.29±14.442 and 13.62±5.678 in our study and these were significantly higher in cases as compared to controls ( p value= 0.001 and 0.001 respectively)
- Majority of patients did not have any change in IBS subtype (n=127, 84.6%). Maximum change was seen in the IBS-D

subtype (n=10, 6.6%) out of which 9 patients changed into IBS-M subtype and 1 patient changed into IBS-C subtype

- Only 4 patients of IBS-C had a change in subtype upon follow up (2.6%) and all of them changed into IBS-M subtype
- 9 patients of IBS-M had a change in subtype (6%) out of which 8 patients changed into IBS-D and 1 patient changed into IBS-C
- Majority of the patients did not show any change in severity upon follow up (n=60, 40%). 36% of the total patients improved and 24% worsened.
- It was found that maximum number of patients who improved in severity of IBS was having severe anxiety. (n=22, 40.7%) (p value=0.002)
- It was found that maximum number of patients who improved in severity of IBS were having moderate depression (n=33, 61.1%) (p value=0.041)
- Change in severity of anxiety was directly proportional to change in severity of IBS. (p value= 0.001)
- Change in severity of depression was directly proportional to change in severity of IBS. (p value= 0.001)
- It was found that out of the patients who improved after follow up in IBS, maximum had severe IBS before follow up (two third of the patients- n=38, 70.4%) (p value = 0.001)
- 60 patients had no change in IBS severity upon follow up out of which maximum patients (n=40, 66.7%) had moderate IBS. (p value = 0.001)
- 36 patients worsened in IBS severity upon follow up out of which maximum patients had moderate IBS (n=17,47.2%) (p value = 0.001)

# CONCLUSION

In this study, patients of IBS diagnosed according to ROME IV criteria presenting to OPD of a tertiary care institution were enrolled and were compared with 75 controls in OPD. Dietary risk factors like fatty food, tea, psychiatric illnesses (anxiety, depression) and occupation were found to be significantly associated with IBS. 15.33% patients out of 150 had a change in subtype of IBS out of which IBS-D and IBS-M were the common subtypes to get changed. Patients having severe anxiety, severe depression and IBS-SSS score in the severe category reported significant improvement in IBS-SSS upon follow up as compared to patients having mild severity of the same. Thus, it can be concluded that with treatment of concomitant psychiatric illness and with control of dietary triggers, there can be a significant improvement in the severity of IBS.

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# PATIENT PROFORMA

Sr. No:

NAME:

AGE:

SEX:

OCCUPATION:

MRD NO.:

DATE/MONTH OF ONSET OF SYMPTOMS:

PERSISTENCE OF SYMPTOMS FOR:

**SYMPTOMS:**

1. Pain abdomen :

   episodic/constant

   whether aggravated on eating?

   whether aggravated on an emotional event/stess?

   Nocturnal or during wakefulness?

   any association with Fever? Weight loss? Bleeding?

2. Altered Bowel Habits :
   Constipation / Diarrhoea?

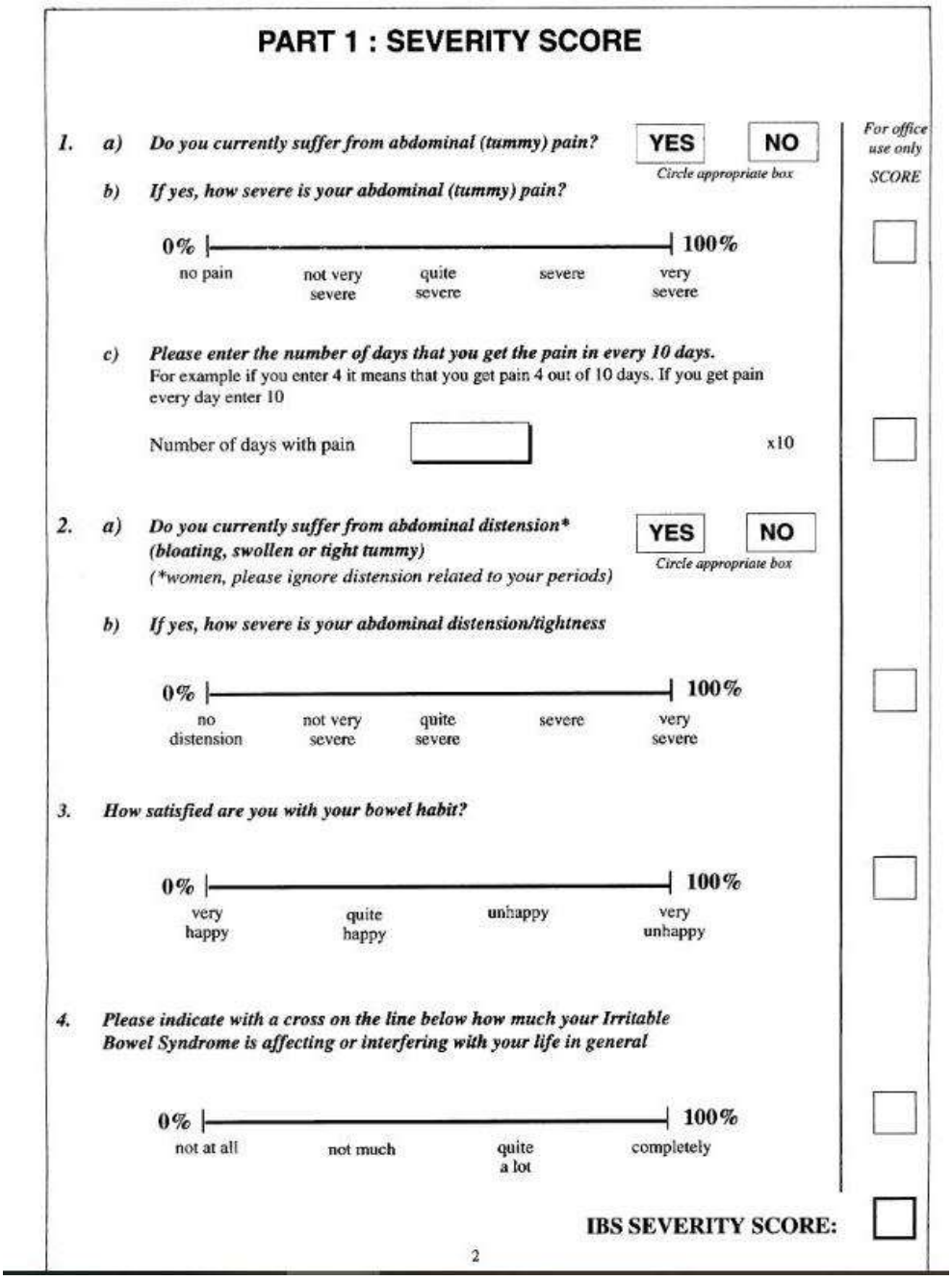
   Association with pain abdomen or stressful event?

3. Bloating/Flatulence

4. Upper GI symptoms : Dyspepsia/Heartburn

Nausea

Vomiting



## PART 1 : SEVERITY SCORE

*For office use only*

*SCORE*

1. a) ***Do you currently suffer from abdominal (tummy) pain?*** YES NO

*Circle appropriate box*

b) ***If yes, how severe is your abdominal (tummy) pain?***

0% — 100%

no pain | not very severe | quite severe | severe | very severe

c) ***Please enter the number of days that you get the pain in every 10 days.***
For example if you enter 4 it means that you get pain 4 out of 10 days. If you get pain every day enter 10

Number of days with pain [ ] x10

2. a) ***Do you currently suffer from abdominal distension* (bloating, swollen or tight tummy)*** YES NO

*Circle appropriate box*

*(*women, please ignore distension related to your periods)*

b) ***If yes, how severe is your abdominal distension/tightness***

0% — 100%

no distension | not very severe | quite severe | severe | very severe

3. ***How satisfied are you with your bowel habit?***

0% — 100%

very happy | quite happy | unhappy | very unhappy

4. ***Please indicate with a cross on the line below how much your Irritable Bowel Syndrome is affecting or interfering with your life in general***

0% — 100%

not at all | not much | quite a lot | completely

**IBS SEVERITY SCORE:**

## PART 2 : OTHER IBS DATA

**BOWEL HABIT**

5. a) ***What is the most number of times you open your bowels per day/week/month?***

Number of times ____ per day / week / month *(Circle appropriate)*

*Note: For some people the answer to part a and b could be the same*

b) ***What is the least number of times you open your bowels per day/week/month?***

Number of times ____ per day / week / month *(Circle appropriate)*

6. In the following questions you may circle more than one answer:

***Are your motions ever:***

| | | | |
|---|---|---|---|
| a) | ***normal*** | often / occasionally / never | *(Circle appropriate)* |
| b) | ***hard*** | often / occasionally / never | *(Circle appropriate)* |
| c) | ***very thin (like string)*** | often / occasionally / never | *(Circle appropriate)* |
| d) | ***in small pieces (like rabbit pellets)*** | often / occasionally / never | *(Circle appropriate)* |
| e) | ***mushy (like porridge)*** | often / occasionally / never | *(Circle appropriate)* |
| f) | ***watery*** | often / occasionally / never | *(Circle appropriate)* |

7. In the following questions you may circle more than one answer:

***Do you ever:***

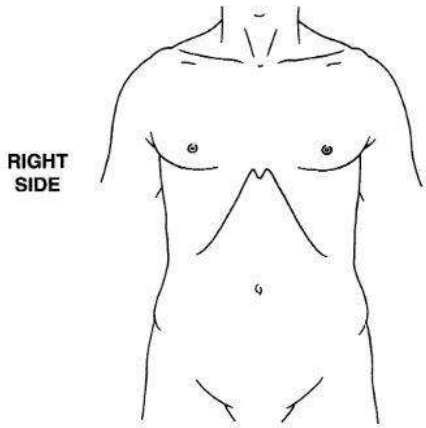
| | | *Circle appropriate box* | |
|---|---|---|---|
| a) | ***pass mucus (or slime or jelly) with your motions*** | YES | NO |
| b) | ***pass blood with your motions*** | YES | NO |
| c) | ***have to hurry/rush to the toilet to open your bowels*** | YES | NO |
| d) | ***strain to open your bowels*** | YES | NO |
| e) | ***feel you haven't emptied your bowel completely after you have passed a motion*** | YES | NO |



## PART 2 : Continued

**SITE OF PAIN**

***Please mark with a cross (x) on the diagram below where you get your pain*** *(use more than one x if necessary)*




8. ***Do you ever:***

| | | | |
|---|---|---|---|
| a) | ***notice your stools are more frequent or loose when you get pain*** | YES | NO |
| b) | ***notice whether the pain is frequently eased by opening your bowels*** | YES | NO |

*Circle appropriate box*

9. ***In the last year on approximately how many weeks were you:***

i) ***absent from work due to IBS*** *(enter 52 if you have given up completely work because of IBS)* _____

ii) ***at work suffering from IBS*** _____



## PAST HISTORY:

- Hypothyroidism / Hyperthyroidism
- History of any old recovered infection of GI tract
- History of any GI surgery

- History of diagnosed Celiac disease/ IBD

**TREATMENT HISTORY:**

**DIETARY HISTORY:**

- Tea intake (cups/day)
- Coffee (cups/day)
- Fatty food (intake/week)
- Spicy/junk food
- Milk
- Which food products trigger symptoms?

**ADDICTIONS:**

- Alcohol (pegs/week)
- smoking (/day)
- opium

## PSYCHIATRIC HISTORY:

- Known case of psychiatric comorbidity such as Major Depressive Episode, Generalised Anxiety disorder, OCD

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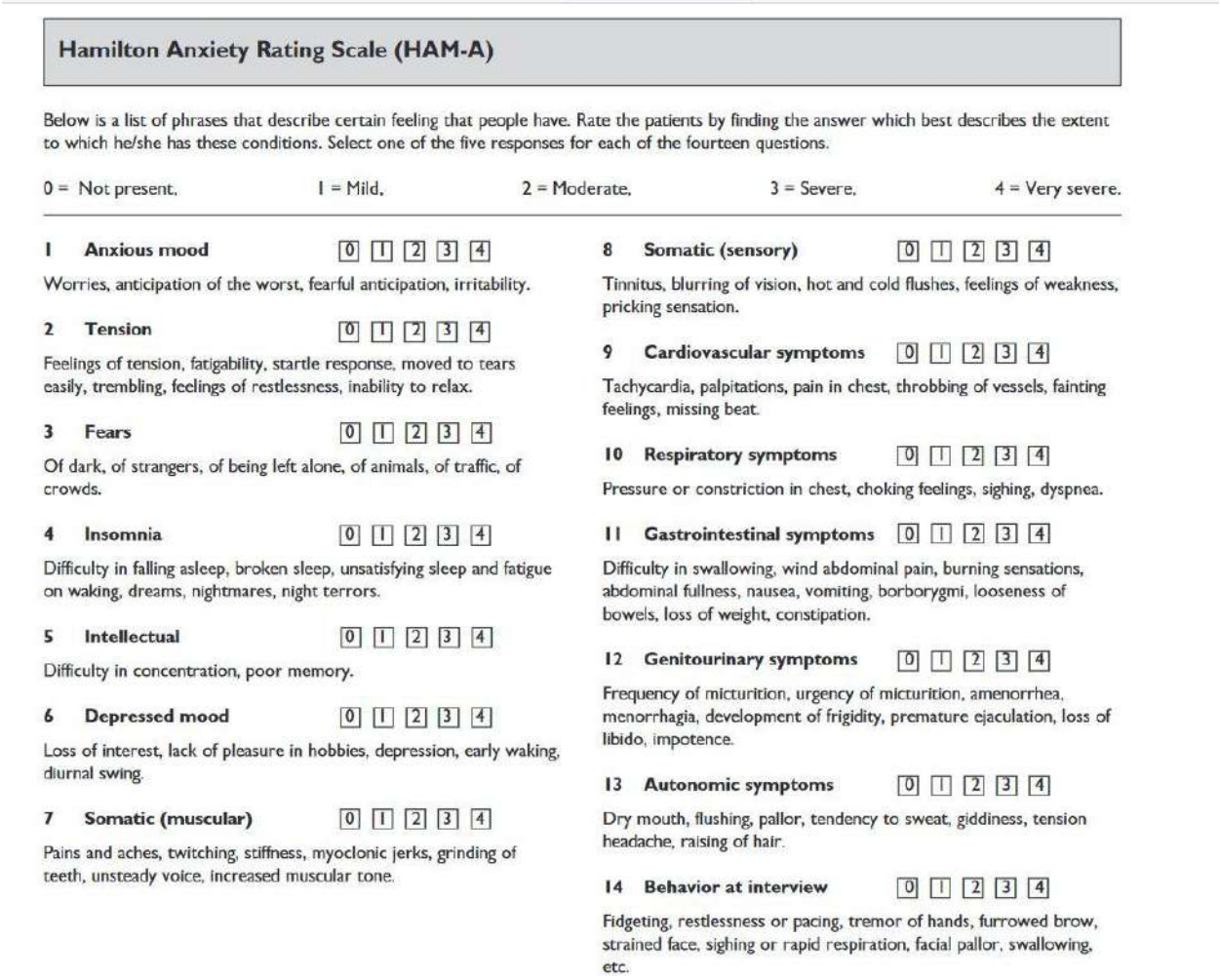
- Hamilton A based anxiety score : Mild, Moderate, Severe



**Hamilton Anxiety Rating Scale (HAM-A)**

Below is a list of phrases that describe certain feeling that people have. Rate the patients by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions.

0 = Not present. 1 = Mild. 2 = Moderate. 3 = Severe. 4 = Very severe.

**1 Anxious mood** [0] [1] [2] [3] [4]

Worries, anticipation of the worst, fearful anticipation, irritability.

**2 Tension** [0] [1] [2] [3] [4]

Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.

**3 Fears** [0] [1] [2] [3] [4]

Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.

**4 Insomnia** [0] [1] [2] [3] [4]

Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.

**5 Intellectual** [0] [1] [2] [3] [4]

Difficulty in concentration, poor memory.

**6 Depressed mood** [0] [1] [2] [3] [4]

Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.

**7 Somatic (muscular)** [0] [1] [2] [3] [4]

Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.

**8 Somatic (sensory)** [0] [1] [2] [3] [4]

Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.

**9 Cardiovascular symptoms** [0] [1] [2] [3] [4]

Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.

**10 Respiratory symptoms** [0] [1] [2] [3] [4]

Pressure or constriction in chest, choking feelings, sighing, dyspnea.

**11 Gastrointestinal symptoms** [0] [1] [2] [3] [4]

Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.

**12 Genitourinary symptoms** [0] [1] [2] [3] [4]

Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.

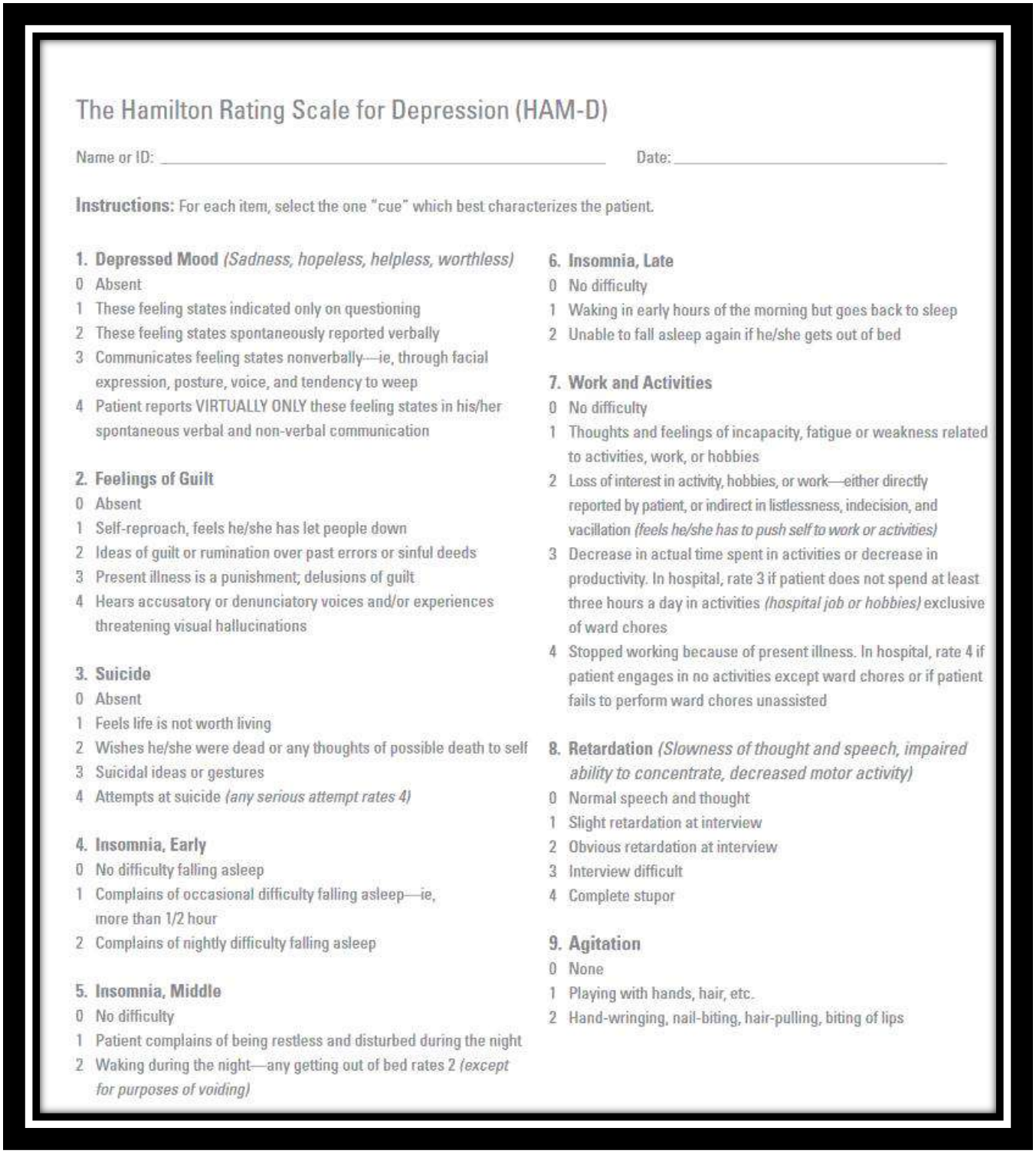
**13 Autonomic symptoms** [0] [1] [2] [3] [4]

Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.

**14 Behavior at interview** [0] [1] [2] [3] [4]

Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.

- Hamilton D based Depressive score: Mild, Moderate, Severe



## The Hamilton Rating Scale for Depression (HAM-D)

Name or ID: _____ Date: _____

**Instructions:** For each item, select the one "cue" which best characterizes the patient.

**1. Depressed Mood** *(Sadness, hopeless, helpless, worthless)*
0 Absent
1 These feeling states indicated only on questioning
2 These feeling states spontaneously reported verbally
3 Communicates feeling states nonverbally—ie, through facial expression, posture, voice, and tendency to weep
4 Patient reports VIRTUALLY ONLY these feeling states in his/her spontaneous verbal and non-verbal communication

**2. Feelings of Guilt**
0 Absent
1 Self-reproach, feels he/she has let people down
2 Ideas of guilt or rumination over past errors or sinful deeds
3 Present illness is a punishment; delusions of guilt
4 Hears accusatory or denunciatory voices and/or experiences threatening visual hallucinations

**3. Suicide**
0 Absent
1 Feels life is not worth living
2 Wishes he/she were dead or any thoughts of possible death to self
3 Suicidal ideas or gestures
4 Attempts at suicide *(any serious attempt rates 4)*

**4. Insomnia, Early**
0 No difficulty falling asleep
1 Complains of occasional difficulty falling asleep—ie, more than 1/2 hour
2 Complains of nightly difficulty falling asleep

**5. Insomnia, Middle**
0 No difficulty
1 Patient complains of being restless and disturbed during the night
2 Waking during the night—any getting out of bed rates 2 *(except for purposes of voiding)*

**6. Insomnia, Late**
0 No difficulty
1 Waking in early hours of the morning but goes back to sleep
2 Unable to fall asleep again if he/she gets out of bed

**7. Work and Activities**
0 No difficulty
1 Thoughts and feelings of incapacity, fatigue or weakness related to activities, work, or hobbies
2 Loss of interest in activity, hobbies, or work—either directly reported by patient, or indirect in listlessness, indecision, and vacillation *(feels he/she has to push self to work or activities)*
3 Decrease in actual time spent in activities or decrease in productivity. In hospital, rate 3 if patient does not spend at least three hours a day in activities *(hospital job or hobbies)* exclusive of ward chores
4 Stopped working because of present illness. In hospital, rate 4 if patient engages in no activities except ward chores or if patient fails to perform ward chores unassisted

**8. Retardation** *(Slowness of thought and speech, impaired ability to concentrate, decreased motor activity)*
0 Normal speech and thought
1 Slight retardation at interview
2 Obvious retardation at interview
3 Interview difficult
4 Complete stupor

**9. Agitation**
0 None
1 Playing with hands, hair, etc.
2 Hand-wringing, nail-biting, hair-pulling, biting of lips

**10. Anxiety Psychic**

0 No difficulty
1 Subjective tension and irritability
2 Worrying about minor matters
3 Apprehensive attitude apparent in face or speech
4 Fears expressed without questioning

**11. Anxiety Somatic**

Physiological concomitants of anxiety such as:
Gastrointestinal—*dry mouth, wind, indigestion, diarrhea, cramps, belching*
Cardiovascular—*palpitations, headaches*
Respiratory—*hyperventilation, sighing*
Urinary frequency
Sweating

0 Absent
1 Mild
2 Moderate
3 Severe
4 Incapacitating

**12. Somatic Symptoms, Gastrointestinal**

0 None
1 Loss of appetite but eating without staff encouragement; heavy feelings in abdomen
2 Difficulty eating without staff urging; requests or requires laxatives or medication for bowels or medication for G.I. symptoms

**13. Somatic Symptoms, General**

0 None
1 Heaviness in limbs, back, or head; backaches, headache, muscle aches; loss of energy and fatigability
2 Any clear-cut symptom rates 2

**14. Genital Symptoms**

Symptoms such as:
*Loss of libido*
*Menstrual disturbances*

0 Absent
1 Mild
2 Severe

**15. Hypochondriasis**

0 Not present
1 Self-absorption (bodily)
2 Preoccupation with health
3 Frequent complaints, requests for help, etc.
4 Hypochondriacal delusions

**16. Loss of Weight (Rate either A or B)**

A. *When Rating by History:*
0 No weight loss
1 Probable weight loss associated with present illness
2 Definite (according to patient) weight loss
3 Not assessed

B. *On Weekly Ratings by Ward Psychiatrist, When Actual Weight Changes are Measured:*
0 Less than 1 lb. weight loss in week
1 Greater than 1 lb. weight loss in week
2 Greater than 2 lb. weight loss in week
3 Not assessed

**17. Insight**

0 Acknowledges being depressed and ill
1 Acknowledges illness but attributes cause to bad food, climate, overwork, virus, need for rest, etc.
2 Denies being ill at all

**Total score:** _____

**INVESTIGATIONS: (to rule out organic cause)**

CBC

Hb TLC DLC

RBS

HbA1-C-

T3/T4/TSH:

Stool Routine:

CRP (quantitative):

Anti-TTG:

UGI Endoscopy with Duodenal Biopsies (if available):

Colonoscopy:

| CASES | | | | | | | | | | | | | DIETARY HISTORY | | | | | | | PSYCHIATRIC HISTORY | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffee | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigation | Change in subtype | Change in score |
| 1 | 1148781 | 45 | M | Skilled | 24 | 5 | 315 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | Yes | Yes | Increased meal amount | Alcohol | 37 | Severe | 14 | Moderate | No | No | 300 |
| 2 | 537118 | 38 | M | Semiskilled | 72 | 4 | 251 | IBS-D | Moderate | 7 | Rabbit pellets | No | Yes | No | Yes | No | No | Fatty,spicy,sugary | No | 0 | No | 9 | Mild | No | No | 260 |
| 3 | 105945 | 64 | M | Clerical / Shop | 12 | 1 | 360 | IBS-C | Severe | 6 | Hard | No | Yes | Yes | Yes | No | Yes | Spicy food | No | 0 | No | 14 | Moderate | No | IBS-M | 325 |
| 4 | 1131361 | 56 | F | Unemployed | 4 | 3 | 314 | IBS-D | Severe | 9 | Watery | No | Yes | No | Yes | Yes | Yes | Spicy+Tea+Fried food | No | 43 | Severe | 19 | Severe | No | No | 250 |
| 5 | 879521 | 21 | M | Unemployed | 6 | 4 | 320 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | No | No | Fatty+Spicy | No | 35 | Severe | 21 | Severe | No | IBS-C | 300 |
| 6 | 903457 | 65 | F | Unemployed | 4 | 3 | 314 | IBS-C | Severe | 4 | Thin | No | Yes | Yes | Yes | Yes | No | Beans+Coffee+Sugary food | No | 36 | Severe | 8 | Mild | No | No | 305 |
| 7 | 863299 | 60 | M | Skilled | 4 | 3 | 350 | IBS-D | Severe | 6 | Porridge like | No | Yes | No | Yes | Yes | Yes | Potatoes+Milk | No | 45 | Severe | 17 | Moderate | No | No | 290 |
| 8 | 918488 | 46 | M | Semiprofessional | 4 | 4 | 308 | IBS-C | Severe | 6 | Rabbit pellets | No | No | No | No | Yes | No | Milk+Beans+Potato | No | 49 | Severe | 19 | Severe | No | No | 315 |
| 9 | 910237 | 32 | M | Skilled | 6 | 4 | 136 | IBS-C | Mild | 4 | Hard | No | Yes | No | No | No | No | Fatty+Spicy | No | 11 | Mild | 8 | Mild | No | No | 130 |
| 10 | 545608 | 27 | M | Unemployed | 6 | 3 | 345 | IBS-D | Severe | 6 | Mushy | No | Yes | Yes | Yes | No | Yes | Milk+fatty food | No | 38 | Severe | 7 | Mild | No | IBS-M | 250 |
| 11 | 927881 | 27 | M | Unemployed | 8 | 4 | 400 | IBS-D | Severe | 8 | Watery | No | Yes | No | Yes | No | No | Milk+Coffee+Spicy food+sugar | No | 32 | Severe | 22 | Severe | No | No | 350 |
| 12 | 919954 | 39 | F | Unemployed | 12 | 5 | 314 | IBS-D | Severe | 6 | Hard | No | No | No | Yes | No | No | Milk, Potato | No | 36 | Severe | 17 | Moderate | No | No | 300 |
| 13 | 882193 | 46 | M | Semiprofessional | 24 | 6 | 180 | IBS-D | Mild | 8 | Rabit pellets | No | Yes | Yes | No | Yes | Yes | Spicy food, potatoes, porridge | Alcohol | 0 | No | 0 | No | No | No | 100 |
| 14 | 964025 | 48 | M | Semiskilled | 5 | 4 | 320 | IBS-C | Severe | 4 | Hard | No | Yes | Yes | Yes | No | Yes | Milk, Cream, Rice , Beans | No | 38 | Severe | 8 | Mild | No | IBS-M | 250 |
| 15 | 921151 | 38 | F | Semiprofessional | 6 | 3 | 314 | IBS-D | Severe | 6 | Watery | No | Yes | No | No | Yes | No | Spicy food, Cheese , Milk | Alcohol | 50 | Severe | 16 | Moderate | No | No | 270 |
| 16 | 711857 | 50 | M | Skilled | 6 | 3 | 320 | IBS-D | Severe | 3 | Watery | No | Yes | No | Yes | Yes | Yes | Spices | No | 46 | Severe | 11 | Mild | No | No | 290 |
| 17 | 961481 | 25 | M | Unemployed | 6 | 4 | 312 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | No | Yes | Beans , Cheese | Alcohol | 52 | Severe | 11 | Mild | No | IBS-M | 300 |
| 18 | 878433 | 20 | M | Unemployed | 7 | 3 | 270 | IBS-M | Moderate | 3 | Watery, Pellet like, Hard | No | No | Yes | Yes | No | Yes | Coffee, Fatty food, Milk | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 250 |
| 19 | 1015939 | 48 | M | Skilled | 6 | 4 | 185 | IBS-C | Mild | 5 | Rabbit pellets | No | Yes | Yes | Yes | No | Yes | Milk, Cheese, Kidney beans, Yoghurt | Alcohol | 23 | Mild to Moderate | 15 | Moderate | No | No | 260 |
| 20 | 1027140 | 50 | F | Unemployed | 9 | 3 | 190 | IBS-M | Moderate | 4 | Hard+Mushy | No | Yes | No | Yes | Yes | No | Tea, Bread , Milk , Yoghurt, Kidney beans | No | 0 | No | 12 | Mild | No | IBS-D | 150 |
| 21 | 819916 | 62 | F | Unemployed | 5 | 4 | 350 | IBS-D | Severe | 6 | Watery | No | Yes | Yes | Yes | Yes | Yes | Potatoes, Fried food , Milk | No | 42 | Severe | 20 | Severe | No | No | 250 |
| 22 | 1077473 | 58 | F | Unemployed | 5 | 4 | 322 | IBS-M | Severe | 5 | Watery+Hard | No | Yes | No | Yes | Yes | Yes | Cheese, Buttermilk, Alcohol (Rum) | Alcohol | 38 | Severe | 15 | Moderate | No | No | 350 |
| 23 | 1096024 | 30 | F | Unemployed | 10 | 4 | 350 | IBS-D | Severe | 6 | Hard | No | Yes | Yes | No | Yes | No | Milk, Spicy food, soft drinks, Chicked peas | No | 39 | Severe | 15 | Moderate | No | No | 290 |
| 24 | 1073169 | 64 | M | Unemployed | 12 | 6 | 400 | IBS-M | Severe | 5-6.0 | Watery | No | Yes | No | Yes | Yes | Yes | Milk, pulses, Yoghurt, Cheese, Kidney beans | No | 37 | Severe | 19 | Severe | No | No | 300 |
| 25 | 1124477 | 39 | M | Skilled | 10 | 6 | 250 | IBS-D | Moderate | 6 | Mushy | No | Yes | Yes | Yes | Yes | Yes | Milk, Kidney beans, Cheese, Yoghurt | No | 0 | No | 20 | Severe | No | No | 280 |
| 26 | 1128443 | 25 | M | Unemployed | 8 | 3 | 250 | IBS-M | Moderate | 3 | Mushy+Hard | No | Yes | No | Yes | No | Yes | Milk, beans, cheese | Alcohol | 0 | No | 22 | Severe | No | IBS-D | 325 |
| 27 | 1133498 | 24 | F | Unemployed | 10 | 8 | 252 | IBS-D | Moderate | 5 | Watery | No | Yes | No | Yes | Yes | Yes | Milk, Tea, Alcohol, Yoghurt, Kidney beans, Fruits | No | 0 | No | 24 | Severe | No | IBS-M | 310 |
| 28 | 1131770 | 20 | F | Unemployed | 12 | 5 | 262 | IBS-M | Moderate | 6 | Watery+Hard | No | Yes | No | Yes | Yes | No | Cheese, Yoghurt, Milk, Tea, Coffee, Kidney beans | No | 0 | No | 19 | Severe | No | No | 180 |
| 29 | 76614 | 60 | F | Unemployed | 11 | 6 | 255 | IBS-C | Moderate | 5 | Rabbit pellet like+Hard | No | Yes | No | No | Yes | Yes | Milk, Tea, Legumes, Chickpea, Kidney beans | No | 0 | No | 17 | Moderate | No | No | 300 |
| 30 | 1139439 | 60 | F | Unemployed | 6 | 4 | 150 | IBS-C | Mild | No | Hard | No | Yes | No | No | No | No | Banana, Professionalshews | No | 14 | Mild | 0 | No | No | No | 180 |
| 31 | 1125455 | 49 | M | Semiprofessional | 10 | 6 | 200 | IBS-C | Mild | 1 | Hard | No | No | No | No | Yes | Yes | Banana,Milk,Chickpea | No | 10 | Mild | 0 | No | No | No | 250 |
| 32 | 1152689 | 58 | M | Unemployed | 8 | 4 | 250 | IBS-D | Moderate | 4 | Mushy, Watery | No | No | Yes | Yes | Yes | Yes | Juices,Spicy,Fatty food | Alcohol | 0 | No | 15 | Moderate | No | No | 325 |
| 33 | 1097189 | 60 | M | Unemployed | 6 | 6 | 290 | IBS-M | Moderate | 3 | Hard,Rabbit pellet like | No | Yes | Yes | Yes | Yes | Yes | Milk, Custard, Yoghurt | No | 0 | No | 18 | Moderate | No | No | 180 |
| 34 | 1154200 | 36 | M | Professional | 10 | 3 | 100 | IBS-M | Mild | 3 | Hard, Mushy, watery | No | Yes | Yes | Yes | Yes | No | Banana, Increased milk amount, | No | 0 | No | 0 | No | No | No | 150 |
| 35 | 1154292 | 41 | F | Semiprofessional | 8 | 3 | 325 | IBS-D | Severe | 4 | Mushy, Watery | No | Yes | Yes | Yes | Yes | Yes | Fatty food, Cheese, Spicy food | No | 50 | Severe | 17 | Moderate | No | No | 250 |
| 36 | 1167541 | 28 | F | Unemployed | 24 | 8 | 340 | IBS-D | Severe | 3 | Watery, Mushy | No | Yes | Yes | Yes | Yes | Yes | Milk, Yoghurt, Fatty, Spicy | No | 36 | Severe | 17 | Moderate | No | No | 300 |
| 37 | 1169260 | 19 | M | Unemployed | 5 | 4 | 178 | IBS-M | Moderate | 2 | Watery, Rabbit pellet like | No | Yes | Yes | Yes | Yes | Yes | Milk,Tea, Fatty, Spicy | No | 0 | No | 12 | Mild | No | IBS-D | 200 |
| 38 | 1171664 | 62 | M | Unemployed | 6 | 3 | 350 | IBS-D | Severe | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, Tea, Coffee, Spicy, Fatty | Alcohol | 39 | Severe | 16 | Moderate | No | No | 325 |
| 39 | 1135729 | 34 | F | Unemployed | 8 | 4 | 325 | IBS-D | Severe | 5 | Watery | No | Yes | Yes | No | Yes | Yes | Tea, Coffee , Milk, Spicy | No | 19 | Mild to | 15 | Moderate | No | No | 290 |
| 40 | 6543 | 32 | M | Semiskilled | 12 | 6 | 260 | IBS-D | Moderate | 3 | Mushy, Watery | No | Yes | Yes | Yes | No | Yes | Milk, Fatty | Alcohol | 25 | Moderate to Severe | 15 | Moderate | No | No | 310 |
| 41 | 1171972 | 35 | M | Skilled | 8 | 4 | 300 | IBS-C | Severe | 1 | Hard | No | No | No | Yes | No | Yes | Banana, Milk | Alcohol | 20 | Mild to | 16 | Moderate | No | No | 250 |
| 42 | 1179734 | 42 | M | Skilled | 8 | 24 | 175 | IBS-M | Moderate | 4 | Mushy, Hard | No | Yes | Yes | Yes | Yes | Yes | Fatty Food, Spicy food | No | 45 | Severe | 12 | Mild | No | IBS-D | 200 |
| 43 | 1179601 | 40 | M | Clerical / Shop | 6 | 5 | 170 | IBS-C | Mild | 3 | Mushy, | No | Yes | Yes | Yes | Yes | Yes | Spicy, Fatty food | No | 0 | No | 0 | No | No | No | 180 |
| 44 | 1179831 | 18 | M | Unemployed | 5 | 3 | 200 | IBS-D | Moderate | 3 | Watery | No | Yes | No | Yes | Yes | Yes | Spicy, Fatty food, Milk | No | 0 | No | 9 | Mild | No | No | 180 |
| 45 | 1185377 | 47 | M | Skilled | 8 | 3 | 350 | IBS-C | Severe | 4 | hard , rabbit like | No | Yes | Yes | Yes | Yes | Yes | Tea, Coffee, Fatty food, Milk, Beans | Alcohol | 52 | Severe | 14 | Moderate | No | No | 300 |
| 46 | 1168781 | 52 | M | Semiskilled | 10 | 5 | 300 | IBS-M | Severe | 3 | Hard, Watery, Porridge like | No | Yes | Yes | Yes | No | Yes | Tea, Milk | No | 20 | Mild to Moderate | 15 | Moderate | No | IBS-C | 175 |

| CASES | | | | | | | | | | | | | DIETARY HISTORY | | | | | | | PSYCHIATRIC HISTORY | | | | | FOLLO | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffee | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigation | Change in subtype | Change in score | Change in severity class |
| 1 | 1148781 | 45 | M | Skilled | 24 | 5 | 315 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | Yes | Yes | Increased meal amount | Alcohol | 37 | Severe | 14 | Moderate | No | No | 300 | Improve |
| 2 | 537118 | 38 | M | Semiskilled | 72 | 4 | 251 | IBS-D | Moderate | 7 | Rabbit pellets | No | Yes | No | Yes | No | No | Fatty,spicy,sugary | No | 0 | No | 9 | Mild | No | No | 260 | No |
| 3 | 105945 | 64 | M | Clerical / Shop | 12 | 1 | 360 | IBS-C | Severe | 6 | Hard | No | Yes | Yes | Yes | No | Yes | Spicy food | No | 0 | No | 14 | Moderate | No | IBS-M | 325 | No |
| 4 | 1131361 | 56 | F | Unemployed | 4 | 3 | 314 | IBS-D | Severe | 9 | Watery | No | Yes | No | Yes | Yes | Yes | Spicy+Tea+Fried food | No | 43 | Severe | 19 | Severe | No | No | 250 | Improve |
| 5 | 879521 | 21 | M | Unemployed | 6 | 4 | 320 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | No | No | Fatty+Spicy | No | 35 | Severe | 21 | Severe | No | IBS-C | 300 | Improve |
| 6 | 903457 | 65 | F | Unemployed | 4 | 3 | 314 | IBS-C | Severe | 4 | Thin | No | Yes | Yes | Yes | Yes | No | Beans+Coffee+Sugary food | No | 36 | Severe | 8 | Mild | No | No | 305 | No |
| 7 | 863299 | 60 | M | Skilled | 4 | 3 | 350 | IBS-D | Severe | 6 | Porridge like | No | Yes | No | Yes | Yes | Yes | Potatoes+Milk | No | 45 | Severe | 17 | Moderate | No | No | 290 | Improve |
| 8 | 918488 | 46 | M | Semiprofessional | 4 | 4 | 308 | IBS-C | Severe | 6 | Rabbit pellets | No | No | No | No | Yes | No | Milk+Beans+Potato | No | 49 | Severe | 19 | Severe | No | No | 315 | No |
| 9 | 910237 | 32 | M | Skilled | 6 | 4 | 136 | IBS-C | Mild | 4 | Hard | No | Yes | No | No | No | No | Fatty+Spicy | No | 11 | Mild | 8 | Mild | No | No | 130 | No |
| 10 | 545608 | 27 | M | Unemployed | 6 | 3 | 345 | IBS-D | Severe | 6 | Mushy | No | Yes | Yes | Yes | No | Yes | Milk+fatty food | No | 38 | Severe | 7 | Mild | No | IBS-M | 250 | Improve |
| 11 | 927881 | 27 | M | Unemployed | 8 | 4 | 400 | IBS-D | Severe | 8 | Watery | No | Yes | No | Yes | No | No | Milk+Coffee+Spicy food+sugar | No | 32 | Severe | 22 | Severe | No | No | 350 | No |
| 12 | 919954 | 39 | F | Unemployed | 12 | 5 | 314 | IBS-D | Severe | 6 | Hard | No | No | No | Yes | No | No | Milk, Potato | No | 36 | Severe | 17 | Moderate | No | No | 300 | Improve |
| 13 | 882193 | 46 | M | Semiprofessional | 24 | 6 | 180 | IBS-D | Mild | 8 | Rabit pellets | No | Yes | Yes | No | Yes | Yes | Spicy food, potatoes, porridge | Alcohol | 0 | No | 0 | No | No | No | 100 | Improve |
| 14 | 964025 | 48 | M | Semiskilled | 5 | 4 | 320 | IBS-C | Severe | 4 | Hard | No | Yes | Yes | Yes | No | Yes | Milk, Cream, Rice , Beans | No | 38 | Severe | 8 | Mild | No | IBS-M | 250 | Improve |
| 15 | 921151 | 38 | F | Semiprofessional | 6 | 3 | 314 | IBS-D | Severe | 6 | Watery | No | Yes | No | No | Yes | No | Spicy food, Cheese , Milk | Alcohol | 50 | Severe | 16 | Moderate | No | No | 270 | Improve |
| 16 | 711857 | 50 | M | Skilled | 6 | 3 | 320 | IBS-D | Severe | 3 | Watery | No | Yes | No | Yes | Yes | Yes | Spices | No | 46 | Severe | 11 | Mild | No | No | 290 | Improve |
| 17 | 961481 | 25 | M | Unemployed | 6 | 4 | 312 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | No | Yes | Beans , Cheese | Alcohol | 52 | Severe | 11 | Mild | No | IBS-M | 300 | Improve |
| 18 | 878433 | 20 | M | Unemployed | 7 | 3 | 270 | IBS-M | Moderate | 3 | Watery, Pellet like, Hard | No | No | Yes | Yes | No | Yes | Coffee, Fatty food, Milk | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 250 | No |
| 19 | 1015939 | 48 | M | Skilled | 6 | 4 | 185 | IBS-C | Mild | 5 | Rabbit pellets | No | Yes | Yes | Yes | No | Yes | Milk, Cheese, Kidney beans, Yoghurt | Alcohol | 23 | Mild to Moderate | 15 | Moderate | No | No | 260 | No |
| 20 | 1027140 | 50 | F | Unemployed | 9 | 3 | 190 | IBS-M | Moderate | 4 | Hard+Mushy | No | Yes | No | Yes | Yes | No | Tea, Bread , Milk , Yoghurt, Kidney beans | No | 0 | No | 12 | Mild | No | IBS-D | 150 | No |
| 21 | 819916 | 62 | F | Unemployed | 5 | 4 | 350 | IBS-D | Severe | 6 | Watery | No | Yes | Yes | Yes | Yes | Yes | Potatoes, Fried food , Milk | No | 42 | Severe | 20 | Severe | No | No | 250 | Improve |
| 22 | 1077473 | 58 | F | Unemployed | 5 | 4 | 322 | IBS-M | Severe | 5 | Watery+Hard | No | Yes | No | Yes | Yes | Yes | Cheese, Buttermilk, Alcohol (Rum) | Alcohol | 38 | Severe | 15 | Moderate | No | No | 350 | No |
| 23 | 1096024 | 30 | F | Unemployed | 10 | 4 | 350 | IBS-D | Severe | 6 | Hard | No | Yes | Yes | No | Yes | No | Milk, Spicy food, soft drinks, Chicked peas | No | 39 | Severe | 15 | Moderate | No | No | 290 | Improve |
| 24 | 1073169 | 64 | M | Unemployed | 12 | 6 | 400 | IBS-M | Severe | 5-6.0 | Watery | No | Yes | No | Yes | Yes | Yes | Milk, pulses, Yoghurt, Cheese, Kidney beans | No | 37 | Severe | 19 | Severe | No | No | 300 | Improve |
| 25 | 1124477 | 39 | M | Skilled | 10 | 6 | 250 | IBS-D | Moderate | 6 | Mushy | No | Yes | Yes | Yes | Yes | Yes | Milk, Kidney beans, Cheese, Yoghurt | No | 0 | No | 20 | Severe | No | No | 280 | No |
| 26 | 1128443 | 25 | M | Unemployed | 8 | 3 | 250 | IBS-M | Moderate | 3 | Mushy+Hard | No | Yes | No | Yes | No | Yes | Milk, beans, cheese | Alcohol | 0 | No | 22 | Severe | No | IBS-D | 325 | Worsen |
| 27 | 1133498 | 24 | F | Unemployed | 10 | 8 | 252 | IBS-D | Moderate | 5 | Watery | No | Yes | No | Yes | Yes | Yes | Milk, Tea, Alcohol, Yoghurt, Kidney beans, Fruits | No | 0 | No | 24 | Severe | No | IBS-M | 310 | Worsen |
| 28 | 1131770 | 20 | F | Unemployed | 12 | 5 | 262 | IBS-M | Moderate | 6 | Watery+Hard | No | Yes | No | Yes | Yes | No | Cheese, Yoghurt, Milk, Tea, Coffee, Kidney beans | No | 0 | No | 19 | Severe | No | No | 180 | Improve |
| 29 | 76614 | 60 | F | Unemployed | 11 | 6 | 255 | IBS-C | Moderate | 5 | Rabbit pellet like+Hard | No | Yes | No | No | Yes | Yes | Milk, Tea, Legumes, Chickpea, Kidney beans | No | 0 | No | 17 | Moderate | No | No | 300 | No |
| 30 | 1139439 | 60 | F | Unemployed | 6 | 4 | 150 | IBS-C | Mild | No | Hard | No | Yes | No | No | No | No | Banana, Professionalshews | No | 14 | Mild | 0 | No | No | No | 180 | Worsen |
| 31 | 1125455 | 49 | M | Semiprofessional | 10 | 6 | 200 | IBS-C | Mild | 1 | Hard | No | No | No | No | Yes | Yes | Banana,Milk,Chickpea | No | 10 | Mild | 0 | No | No | No | 250 | No |
| 32 | 1152689 | 58 | M | Unemployed | 8 | 4 | 250 | IBS-D | Moderate | 4 | Mushy, Watery | No | No | Yes | Yes | Yes | Yes | Juices,Spicy,Fatty food | Alcohol | 0 | No | 15 | Moderate | No | No | 325 | Worsen |
| 33 | 1097189 | 60 | M | Unemployed | 6 | 6 | 290 | IBS-M | Moderate | 3 | Hard,Rabbit pellet like | No | Yes | Yes | Yes | Yes | Yes | Milk, Custard, Yoghurt | No | 0 | No | 18 | Moderate | No | No | 180 | No |
| 34 | 1154200 | 36 | M | Professional | 10 | 3 | 100 | IBS-M | Mild | 3 | Hard, Mushy, watery | No | Yes | Yes | Yes | Yes | No | Banana, Increased milk amount, | No | 0 | No | 0 | No | No | No | 150 | No |
| 35 | 1154292 | 41 | F | Semiprofessional | 8 | 3 | 325 | IBS-D | Severe | 4 | Mushy, Watery | No | Yes | Yes | Yes | Yes | Yes | Fatty food, Cheese, Spicy food | No | 50 | Severe | 17 | Moderate | No | No | 250 | Improve |
| 36 | 1167541 | 28 | F | Unemployed | 24 | 8 | 340 | IBS-D | Severe | 3 | Watery, Mushy | No | Yes | Yes | Yes | Yes | Yes | Milk, Yoghurt, Fatty, Spicy | No | 36 | Severe | 17 | Moderate | No | No | 300 | Improve |
| 37 | 1169260 | 19 | M | Unemployed | 5 | 4 | 178 | IBS-M | Moderate | 2 | Watery, Rabbit pellet like | No | Yes | Yes | Yes | Yes | Yes | Milk,Tea, Fatty, Spicy | No | 0 | No | 12 | Mild | No | IBS-D | 200 | No |
| 38 | 1171664 | 62 | M | Unemployed | 6 | 3 | 350 | IBS-D | Severe | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, Tea, Coffee, Spicy, Fatty | Alcohol | 39 | Severe | 16 | Moderate | No | No | 325 | No |
| 39 | 1135729 | 34 | F | Unemployed | 8 | 4 | 325 | IBS-D | Severe | 5 | Watery | No | Yes | Yes | No | Yes | Yes | Tea, Coffee , Milk, Spicy | No | 19 | Mild to | 15 | Moderate | No | No | 290 | Improve |
| 40 | 6543 | 32 | M | Semiskilled | 12 | 6 | 260 | IBS-D | Moderate | 3 | Mushy, Watery | No | Yes | Yes | Yes | No | Yes | Milk, Fatty | Alcohol | 25 | Moderate to Severe | 15 | Moderate | No | No | 310 | Worsen |
| 41 | 1171972 | 35 | M | Skilled | 8 | 4 | 300 | IBS-C | Severe | 1 | Hard | No | No | No | Yes | No | Yes | Banana, Milk | Alcohol | 20 | Mild to | 16 | Moderate | No | No | 250 | Improve |
| 42 | 1179734 | 42 | M | Skilled | 8 | 24 | 175 | IBS-M | Moderate | 4 | Mushy, Hard | No | Yes | Yes | Yes | Yes | Yes | Fatty Food, Spicy food | No | 45 | Severe | 12 | Mild | No | IBS-D | 200 | Worsen |
| 43 | 1179601 | 40 | M | Clerical / Shop | 6 | 5 | 170 | IBS-C | Mild | 3 | Mushy, | No | Yes | Yes | Yes | Yes | Yes | Spicy, Fatty food | No | 0 | No | 0 | No | No | No | 180 | Worsen |
| 44 | 1179831 | 18 | M | Unemployed | 5 | 3 | 200 | IBS-D | Moderate | 3 | Watery | No | Yes | No | Yes | Yes | Yes | Spicy, Fatty food, Milk | No | 0 | No | 9 | Mild | No | No | 180 | No |
| 45 | 1185377 | 47 | M | Skilled | 8 | 3 | 350 | IBS-C | Severe | 4 | hard , rabbit like | No | Yes | Yes | Yes | Yes | Yes | Tea, Coffee, Fatty food, Milk, Beans | Alcohol | 52 | Severe | 14 | Moderate | No | No | 300 | Improve |
| 46 | 1168781 | 52 | M | Semiskilled | 10 | 5 | 300 | IBS-M | Severe | 3 | Hard, Watery, Porridge like | No | Yes | Yes | Yes | No | Yes | Tea, Milk | No | 20 | Mild to Moderate | 15 | Moderate | No | IBS-C | 175 | Improve |

| CASES | | | | | | | | | | | | | DIETARY HISTORY | | | | | | | PSYCHIATRIC HISTORY | | | | | FOLLOW UP OUT | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffee | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigation | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score |
| 1 | 1148781 | 45 | M | Skilled | 24 | 5 | 315 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | Yes | Yes | Increased meal amount | Alcohol | 37 | Severe | 14 | Moderate | No | No | 300 | Improve | 22 |
| 2 | 537118 | 38 | M | Semiskilled | 72 | 4 | 251 | IBS-D | Moderate | 7 | Rabbit pellets | No | Yes | No | Yes | No | No | Fatty,spicy,sugary | No | 0 | No | 9 | Mild | No | No | 260 | No | 0 |
| 3 | 105945 | 64 | M | Clerical / Shop | 12 | 1 | 360 | IBS-C | Severe | 6 | Hard | No | Yes | Yes | Yes | No | Yes | Spicy food | No | 0 | No | 14 | Moderate | No | IBS-M | 325 | No | 0 |
| 4 | 1131361 | 56 | F | Unemployed | 4 | 3 | 314 | IBS-D | Severe | 9 | Watery | No | Yes | No | Yes | Yes | Yes | Spicy+Tea+Fried food | No | 43 | Severe | 19 | Severe | No | No | 250 | Improve | 16 |
| 5 | 879521 | 21 | M | Unemployed | 6 | 4 | 320 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | No | No | Fatty+Spicy | No | 35 | Severe | 21 | Severe | No | IBS-C | 300 | Improve | 15 |
| 6 | 903457 | 65 | F | Unemployed | 4 | 3 | 314 | IBS-C | Severe | 4 | Thin | No | Yes | Yes | Yes | Yes | No | Beans+Coffee+Sugary food | No | 36 | Severe | 8 | Mild | No | No | 305 | No | 24 |
| 7 | 863299 | 60 | M | Skilled | 4 | 3 | 350 | IBS-D | Severe | 6 | Porridge like | No | Yes | No | Yes | Yes | Yes | Potatoes+Milk | No | 45 | Severe | 17 | Moderate | No | No | 290 | Improve | 16 |
| 8 | 918488 | 46 | M | Semiprofessional | 4 | 4 | 308 | IBS-C | Severe | 6 | Rabbit pellets | No | No | No | No | Yes | No | Milk+Beans+Potato | No | 49 | Severe | 19 | Severe | No | No | 315 | No | 25 |
| 9 | 910237 | 32 | M | Skilled | 6 | 4 | 136 | IBS-C | Mild | 4 | Hard | No | Yes | No | No | No | No | Fatty+Spicy | No | 11 | Mild | 8 | Mild | No | No | 130 | No | 9 |
| 10 | 545608 | 27 | M | Unemployed | 6 | 3 | 345 | IBS-D | Severe | 6 | Mushy | No | Yes | Yes | Yes | No | Yes | Milk+fatty food | No | 38 | Severe | 7 | Mild | No | IBS-M | 250 | Improve | 22 |
| 11 | 927881 | 27 | M | Unemployed | 8 | 4 | 400 | IBS-D | Severe | 8 | Watery | No | Yes | No | Yes | No | No | Milk+Coffee+Spicy food+sugar | No | 32 | Severe | 22 | Severe | No | No | 350 | No | 24 |
| 12 | 919954 | 39 | F | Unemployed | 12 | 5 | 314 | IBS-D | Severe | 6 | Hard | No | No | No | Yes | No | No | Milk, Potato | No | 36 | Severe | 17 | Moderate | No | No | 300 | Improve | 12 |
| 13 | 882193 | 46 | M | Semiprofessional | 24 | 6 | 180 | IBS-D | Mild | 8 | Rabit pellets | No | Yes | Yes | No | Yes | Yes | Spicy food, potatoes, porridge | Alcohol | 0 | No | 0 | No | No | No | 100 | Improve | 6 |
| 14 | 964025 | 48 | M | Semiskilled | 5 | 4 | 320 | IBS-C | Severe | 4 | Hard | No | Yes | Yes | Yes | No | Yes | Milk, Cream, Rice , Beans | No | 38 | Severe | 8 | Mild | No | IBS-M | 250 | Improve | 12 |
| 15 | 921151 | 38 | F | Semiprofessional | 6 | 3 | 314 | IBS-D | Severe | 6 | Watery | No | Yes | No | No | Yes | No | Spicy food, Cheese , Milk | Alcohol | 50 | Severe | 16 | Moderate | No | No | 270 | Improve | 10 |
| 16 | 711857 | 50 | M | Skilled | 6 | 3 | 320 | IBS-D | Severe | 3 | Watery | No | Yes | No | Yes | Yes | Yes | Spices | No | 46 | Severe | 11 | Mild | No | No | 290 | Improve | 12 |
| 17 | 961481 | 25 | M | Unemployed | 6 | 4 | 312 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | No | Yes | Beans , Cheese | Alcohol | 52 | Severe | 11 | Mild | No | IBS-M | 300 | Improve | 20 |
| 18 | 878433 | 20 | M | Unemployed | 7 | 3 | 270 | IBS-M | Moderate | 3 | Watery, Pellet like, Hard | No | No | Yes | Yes | No | Yes | Coffee, Fatty food, Milk | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 250 | No | 18 |
| 19 | 1015939 | 48 | M | Skilled | 6 | 4 | 185 | IBS-C | Mild | 5 | Rabbit pellets | No | Yes | Yes | Yes | No | Yes | Milk, Cheese, Kidney beans, Yoghurt | Alcohol | 23 | Mild to Moderate | 15 | Moderate | No | No | 260 | No | 16 |
| 20 | 1027140 | 50 | F | Unemployed | 9 | 3 | 190 | IBS-M | Moderate | 4 | Hard+Mushy | No | Yes | No | Yes | Yes | No | Tea, Bread , Milk , Yoghurt, Kidney beans | No | 0 | No | 12 | Mild | No | IBS-D | 150 | No | 0 |
| 21 | 819916 | 62 | F | Unemployed | 5 | 4 | 350 | IBS-D | Severe | 6 | Watery | No | Yes | Yes | Yes | Yes | Yes | Potatoes, Fried food , Milk | No | 42 | Severe | 20 | Severe | No | No | 250 | Improve | 12 |
| 22 | 1077473 | 58 | F | Unemployed | 5 | 4 | 322 | IBS-M | Severe | 5 | Watery+Hard | No | Yes | No | Yes | Yes | Yes | Cheese, Buttermilk, Alcohol (Rum) | Alcohol | 38 | Severe | 15 | Moderate | No | No | 350 | No | 25 |
| 23 | 1096024 | 30 | F | Unemployed | 10 | 4 | 350 | IBS-D | Severe | 6 | Hard | No | Yes | Yes | No | Yes | No | Milk, Spicy food, soft drinks, Chicked peas | No | 39 | Severe | 15 | Moderate | No | No | 290 | Improve | 18 |
| 24 | 1073169 | 64 | M | Unemployed | 12 | 6 | 400 | IBS-M | Severe | 5-6.0 | Watery | No | Yes | No | Yes | Yes | Yes | Milk, pulses, Yoghurt, Cheese, Kidney beans | No | 37 | Severe | 19 | Severe | No | No | 300 | Improve | 16 |
| 25 | 1124477 | 39 | M | Skilled | 10 | 6 | 250 | IBS-D | Moderate | 6 | Mushy | No | Yes | Yes | Yes | Yes | Yes | Milk, Kidney beans, Cheese, Yoghurt | No | 0 | No | 20 | Severe | No | No | 280 | No | 0 |
| 26 | 1128443 | 25 | M | Unemployed | 8 | 3 | 250 | IBS-M | Moderate | 3 | Mushy+Hard | No | Yes | No | Yes | No | Yes | Milk, beans, cheese | Alcohol | 0 | No | 22 | Severe | No | IBS-D | 325 | Worsen | 15 |
| 27 | 1133498 | 24 | F | Unemployed | 10 | 8 | 252 | IBS-D | Moderate | 5 | Watery | No | Yes | No | Yes | Yes | Yes | Milk, Tea, Alcohol, Yoghurt, Kidney beans, Fruits | No | 0 | No | 24 | Severe | No | IBS-M | 310 | Worsen | 18 |
| 28 | 1131770 | 20 | F | Unemployed | 12 | 5 | 262 | IBS-M | Moderate | 6 | Watery+Hard | No | Yes | No | Yes | Yes | No | Cheese, Yoghurt, Milk, Tea, Coffee, Kidney beans | No | 0 | No | 19 | Severe | No | No | 180 | Improve | 0 |
| 29 | 76614 | 60 | F | Unemployed | 11 | 6 | 255 | IBS-C | Moderate | 5 | Rabbit pellet like+Hard | No | Yes | No | No | Yes | Yes | Milk, Tea, Legumes, Chickpea, Kidney beans | No | 0 | No | 17 | Moderate | No | No | 300 | No | 0 |
| 30 | 1139439 | 60 | F | Unemployed | 6 | 4 | 150 | IBS-C | Mild | No | Hard | No | Yes | No | No | No | No | Banana, Professionalshews | No | 14 | Mild | 0 | No | No | No | 180 | Worsen | 16 |
| 31 | 1125455 | 49 | M | Semiprofessional | 10 | 6 | 200 | IBS-C | Mild | 1 | Hard | No | No | No | No | Yes | Yes | Banana,Milk,Chickpea | No | 10 | Mild | 0 | No | No | No | 250 | No | 8 |
| 32 | 1152689 | 58 | M | Unemployed | 8 | 4 | 250 | IBS-D | Moderate | 4 | Mushy, Watery | No | No | Yes | Yes | Yes | Yes | Juices,Spicy,Fatty food | Alcohol | 0 | No | 15 | Moderate | No | No | 325 | Worsen | 20 |
| 33 | 1097189 | 60 | M | Unemployed | 6 | 6 | 290 | IBS-M | Moderate | 3 | Hard,Rabbit pellet like | No | Yes | Yes | Yes | Yes | Yes | Milk, Custard, Yoghurt | No | 0 | No | 18 | Moderate | No | No | 180 | No | 2 |
| 34 | 1154200 | 36 | M | Professional | 10 | 3 | 100 | IBS-M | Mild | 3 | Hard, Mushy, watery | No | Yes | Yes | Yes | Yes | No | Banana, Increased milk amount, | No | 0 | No | 0 | No | No | No | 150 | No | 15 |
| 35 | 1154292 | 41 | F | Semiprofessional | 8 | 3 | 325 | IBS-D | Severe | 4 | Mushy, Watery | No | Yes | Yes | Yes | Yes | Yes | Fatty food, Cheese, Spicy food | No | 50 | Severe | 17 | Moderate | No | No | 250 | Improve | 12 |
| 36 | 1167541 | 28 | F | Unemployed | 24 | 8 | 340 | IBS-D | Severe | 3 | Watery, Mushy | No | Yes | Yes | Yes | Yes | Yes | Milk, Yoghurt, Fatty, Spicy | No | 36 | Severe | 17 | Moderate | No | No | 300 | Improve | 18 |
| 37 | 1169260 | 19 | M | Unemployed | 5 | 4 | 178 | IBS-M | Moderate | 2 | Watery, Rabbit pellet like | No | Yes | Yes | Yes | Yes | Yes | Milk,Tea, Fatty, Spicy | No | 0 | No | 12 | Mild | No | IBS-D | 200 | No | 0 |
| 38 | 1171664 | 62 | M | Unemployed | 6 | 3 | 350 | IBS-D | Severe | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, Tea, Coffee, Spicy, Fatty | Alcohol | 39 | Severe | 16 | Moderate | No | No | 325 | No | 24 |
| 39 | 1135729 | 34 | F | Unemployed | 8 | 4 | 325 | IBS-D | Severe | 5 | Watery | No | Yes | Yes | No | Yes | Yes | Tea, Coffee , Milk, Spicy | No | 19 | Mild to | 15 | Moderate | No | No | 290 | Improve | 11 |
| 40 | 6543 | 32 | M | Semiskilled | 12 | 6 | 260 | IBS-D | Moderate | 3 | Mushy, Watery | No | Yes | Yes | Yes | No | Yes | Milk, Fatty | Alcohol | 25 | Moderate to Severe | 15 | Moderate | No | No | 310 | Worsen | 24 |
| 41 | 1171972 | 35 | M | Skilled | 8 | 4 | 300 | IBS-C | Severe | 1 | Hard | No | No | No | Yes | No | Yes | Banana, Milk | Alcohol | 20 | Mild to | 16 | Moderate | No | No | 250 | Improve | 18 |
| 42 | 1179734 | 42 | M | Skilled | 8 | 24 | 175 | IBS-M | Moderate | 4 | Mushy, Hard | No | Yes | Yes | Yes | Yes | Yes | Fatty Food, Spicy food | No | 45 | Severe | 12 | Mild | No | IBS-D | 200 | Worsen | 26 |
| 43 | 1179601 | 40 | M | Clerical / Shop | 6 | 5 | 170 | IBS-C | Mild | 3 | Mushy, | No | Yes | Yes | Yes | Yes | Yes | Spicy, Fatty food | No | 0 | No | 0 | No | No | No | 180 | Worsen | 16 |
| 44 | 1179831 | 18 | M | Unemployed | 5 | 3 | 200 | IBS-D | Moderate | 3 | Watery | No | Yes | No | Yes | Yes | Yes | Spicy, Fatty food, Milk | No | 0 | No | 9 | Mild | No | No | 180 | No | 0 |
| 45 | 1185377 | 47 | M | Skilled | 8 | 3 | 350 | IBS-C | Severe | 4 | hard , rabbit like | No | Yes | Yes | Yes | Yes | Yes | Tea, Coffee, Fatty food, Milk, Beans | Alcohol | 52 | Severe | 14 | Moderate | No | No | 300 | Improve | 19 |
| 46 | 1168781 | 52 | M | Semiskilled | 10 | 5 | 300 | IBS-M | Severe | 3 | Hard, Watery, Porridge like | No | Yes | Yes | Yes | No | Yes | Tea, Milk | No | 20 | Mild to Moderate | 15 | Moderate | No | IBS-C | 175 | Improve | 12 |

| CASES | | | | | | | | | | | | | DIETARY HISTORY | | | | | | | PSYCHIATRIC HISTORY | | | | | | FOLLOW UP OUTCOMES | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffee | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigation | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Follow up HAM-D score |
| 1 | 1148781 | 45 | M | Skilled | 24 | 5 | 315 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | Yes | Yes | Increased meal amount | Alcohol | 37 | Severe | 14 | Moderate | No | No | 300 | Improve | 22 | 12 |
| 2 | 537118 | 38 | M | Semiskilled | 72 | 4 | 251 | IBS-D | Moderate | 7 | Rabbit pellets | No | Yes | No | Yes | No | No | Fatty,spicy,sugary | No | 0 | No | 9 | Mild | No | No | 260 | No | 0 | 16 |
| 3 | 105945 | 64 | M | Clerical / Shop | 12 | 1 | 360 | IBS-C | Severe | 6 | Hard | No | Yes | Yes | Yes | No | Yes | Spicy food | No | 0 | No | 14 | Moderate | No | IBS-M | 325 | No | 0 | 15 |
| 4 | 1131361 | 56 | F | Unemployed | 4 | 3 | 314 | IBS-D | Severe | 9 | Watery | No | Yes | No | Yes | Yes | Yes | Spicy+Tea+Fried food | No | 43 | Severe | 19 | Severe | No | No | 250 | Improve | 16 | 14 |
| 5 | 879521 | 21 | M | Unemployed | 6 | 4 | 320 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | No | No | Fatty+Spicy | No | 35 | Severe | 21 | Severe | No | IBS-C | 300 | Improve | 15 | 15 |
| 6 | 903457 | 65 | F | Unemployed | 4 | 3 | 314 | IBS-C | Severe | 4 | Thin | No | Yes | Yes | Yes | Yes | No | Beans+Coffee+Sugary food | No | 36 | Severe | 8 | Mild | No | No | 305 | No | 24 | 9 |
| 7 | 863299 | 60 | M | Skilled | 4 | 3 | 350 | IBS-D | Severe | 6 | Porridge like | No | Yes | No | Yes | Yes | Yes | Potatoes+Milk | No | 45 | Severe | 17 | Moderate | No | No | 290 | Improve | 16 | 15 |
| 8 | 918488 | 46 | M | Semiprofessional | 4 | 4 | 308 | IBS-C | Severe | 6 | Rabbit pellets | No | No | No | No | Yes | No | Milk+Beans+Potato | No | 49 | Severe | 19 | Severe | No | No | 315 | No | 25 | 17 |
| 9 | 910237 | 32 | M | Skilled | 6 | 4 | 136 | IBS-C | Mild | 4 | Hard | No | Yes | No | No | No | No | Fatty+Spicy | No | 11 | Mild | 8 | Mild | No | No | 130 | No | 9 | 9 |
| 10 | 545608 | 27 | M | Unemployed | 6 | 3 | 345 | IBS-D | Severe | 6 | Mushy | No | Yes | Yes | Yes | No | Yes | Milk+fatty food | No | 38 | Severe | 7 | Mild | No | IBS-M | 250 | Improve | 22 | 6 |
| 11 | 927881 | 27 | M | Unemployed | 8 | 4 | 400 | IBS-D | Severe | 8 | Watery | No | Yes | No | Yes | No | No | Milk+Coffee+Spicy food+sugar | No | 32 | Severe | 22 | Severe | No | No | 350 | No | 24 | 15 |
| 12 | 919954 | 39 | F | Unemployed | 12 | 5 | 314 | IBS-D | Severe | 6 | Hard | No | No | No | Yes | No | No | Milk, Potato | No | 36 | Severe | 17 | Moderate | No | No | 300 | Improve | 12 | 12 |
| 13 | 882193 | 46 | M | Semiprofessional | 24 | 6 | 180 | IBS-D | Mild | 8 | Rabit pellets | No | Yes | Yes | No | Yes | Yes | Spicy food, potatoes, porridge | Alcohol | 0 | No | 0 | No | No | No | 100 | Improve | 6 | 7 |
| 14 | 964025 | 48 | M | Semiskilled | 5 | 4 | 320 | IBS-C | Severe | 4 | Hard | No | Yes | Yes | Yes | No | Yes | Milk, Cream, Rice , Beans | No | 38 | Severe | 8 | Mild | No | IBS-M | 250 | Improve | 12 | 9 |
| 15 | 921151 | 38 | F | Semiprofessional | 6 | 3 | 314 | IBS-D | Severe | 6 | Watery | No | Yes | No | No | Yes | No | Spicy food, Cheese , Milk | Alcohol | 50 | Severe | 16 | Moderate | No | No | 270 | Improve | 10 | 16 |
| 16 | 711857 | 50 | M | Skilled | 6 | 3 | 320 | IBS-D | Severe | 3 | Watery | No | Yes | No | Yes | Yes | Yes | Spices | No | 46 | Severe | 11 | Mild | No | No | 290 | Improve | 12 | 12 |
| 17 | 961481 | 25 | M | Unemployed | 6 | 4 | 312 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | No | Yes | Beans , Cheese | Alcohol | 52 | Severe | 11 | Mild | No | IBS-M | 300 | Improve | 20 | 12 |
| 18 | 878433 | 20 | M | Unemployed | 7 | 3 | 270 | IBS-M | Moderate | 3 | Watery, Pellet like, Hard | No | No | Yes | Yes | No | Yes | Coffee, Fatty food, Milk | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 250 | No | 18 | 12 |
| 19 | 1015939 | 48 | M | Skilled | 6 | 4 | 185 | IBS-C | Mild | 5 | Rabbit pellets | No | Yes | Yes | Yes | No | Yes | Milk, Cheese, Kidney beans, Yoghurt | Alcohol | 23 | Mild to Moderate | 15 | Moderate | No | No | 260 | No | 16 | 14 |
| 20 | 1027140 | 50 | F | Unemployed | 9 | 3 | 190 | IBS-M | Moderate | 4 | Hard+Mushy | No | Yes | No | Yes | Yes | No | Tea, Bread , Milk , Yoghurt, Kidney beans | No | 0 | No | 12 | Mild | No | IBS-D | 150 | No | 0 | 11 |
| 21 | 819916 | 62 | F | Unemployed | 5 | 4 | 350 | IBS-D | Severe | 6 | Watery | No | Yes | Yes | Yes | Yes | Yes | Potatoes, Fried food , Milk | No | 42 | Severe | 20 | Severe | No | No | 250 | Improve | 12 | 12 |
| 22 | 1077473 | 58 | F | Unemployed | 5 | 4 | 322 | IBS-M | Severe | 5 | Watery+Hard | No | Yes | No | Yes | Yes | Yes | Cheese, Buttermilk, Alcohol (Rum) | Alcohol | 38 | Severe | 15 | Moderate | No | No | 350 | No | 25 | 12 |
| 23 | 1096024 | 30 | F | Unemployed | 10 | 4 | 350 | IBS-D | Severe | 6 | Hard | No | Yes | Yes | No | Yes | No | Milk, Spicy food, soft drinks, Chicked peas | No | 39 | Severe | 15 | Moderate | No | No | 290 | Improve | 18 | 12 |
| 24 | 1073169 | 64 | M | Unemployed | 12 | 6 | 400 | IBS-M | Severe | 5-6.0 | Watery | No | Yes | No | Yes | Yes | Yes | Milk, pulses, Yoghurt, Cheese, Kidney beans | No | 37 | Severe | 19 | Severe | No | No | 300 | Improve | 16 | 15 |
| 25 | 1124477 | 39 | M | Skilled | 10 | 6 | 250 | IBS-D | Moderate | 6 | Mushy | No | Yes | Yes | Yes | Yes | Yes | Milk, Kidney beans, Cheese, Yoghurt | No | 0 | No | 20 | Severe | No | No | 280 | No | 0 | 15 |
| 26 | 1128443 | 25 | M | Unemployed | 8 | 3 | 250 | IBS-M | Moderate | 3 | Mushy+Hard | No | Yes | No | Yes | No | Yes | Milk, beans, cheese | Alcohol | 0 | No | 22 | Severe | No | IBS-D | 325 | Worsen | 15 | 23 |
| 27 | 1133498 | 24 | F | Unemployed | 10 | 8 | 252 | IBS-D | Moderate | 5 | Watery | No | Yes | No | Yes | Yes | Yes | Milk, Tea, Alcohol, Yoghurt, Kidney beans, Fruits | No | 0 | No | 24 | Severe | No | IBS-M | 310 | Worsen | 18 | 25 |
| 28 | 1131770 | 20 | F | Unemployed | 12 | 5 | 262 | IBS-M | Moderate | 6 | Watery+Hard | No | Yes | No | Yes | Yes | No | Cheese, Yoghurt, Milk, Tea, Coffee, Kidney beans | No | 0 | No | 19 | Severe | No | No | 180 | Improve | 0 | 12 |
| 29 | 76614 | 60 | F | Unemployed | 11 | 6 | 255 | IBS-C | Moderate | 5 | Rabbit pellet like+Hard | No | Yes | No | No | Yes | Yes | Milk, Tea, Legumes, Chickpea, Kidney beans | No | 0 | No | 17 | Moderate | No | No | 300 | No | 0 | 12 |
| 30 | 1139439 | 60 | F | Unemployed | 6 | 4 | 150 | IBS-C | Mild | No | Hard | No | Yes | No | No | No | No | Banana, Professionalshews | No | 14 | Mild | 0 | No | No | No | 180 | Worsen | 16 | 0 |
| 31 | 1125455 | 49 | M | Semiprofessional | 10 | 6 | 200 | IBS-C | Mild | 1 | Hard | No | No | No | No | Yes | Yes | Banana,Milk,Chickpea | No | 10 | Mild | 0 | No | No | No | 250 | No | 8 | 0 |
| 32 | 1152689 | 58 | M | Unemployed | 8 | 4 | 250 | IBS-D | Moderate | 4 | Mushy, Watery | No | No | Yes | Yes | Yes | Yes | Juices,Spicy,Fatty food | Alcohol | 0 | No | 15 | Moderate | No | No | 325 | Worsen | 20 | 19 |
| 33 | 1097189 | 60 | M | Unemployed | 6 | 6 | 290 | IBS-M | Moderate | 3 | Hard,Rabbit pellet like | No | Yes | Yes | Yes | Yes | Yes | Milk, Custard, Yoghurt | No | 0 | No | 18 | Moderate | No | No | 180 | No | 2 | 15 |
| 34 | 1154200 | 36 | M | Professional | 10 | 3 | 100 | IBS-M | Mild | 3 | Hard, Mushy, watery | No | Yes | Yes | Yes | Yes | No | Banana, Increased milk amount, | No | 0 | No | 0 | No | No | No | 150 | No | 15 | 0 |
| 35 | 1154292 | 41 | F | Semiprofessional | 8 | 3 | 325 | IBS-D | Severe | 4 | Mushy, Watery | No | Yes | Yes | Yes | Yes | Yes | Fatty food, Cheese, Spicy food | No | 50 | Severe | 17 | Moderate | No | No | 250 | Improve | 12 | 11 |
| 36 | 1167541 | 28 | F | Unemployed | 24 | 8 | 340 | IBS-D | Severe | 3 | Watery, Mushy | No | Yes | Yes | Yes | Yes | Yes | Milk, Yoghurt, Fatty, Spicy | No | 36 | Severe | 17 | Moderate | No | No | 300 | Improve | 18 | 15 |
| 37 | 1169260 | 19 | M | Unemployed | 5 | 4 | 178 | IBS-M | Moderate | 2 | Watery, Rabbit pellet like | No | Yes | Yes | Yes | Yes | Yes | Milk,Tea, Fatty, Spicy | No | 0 | No | 12 | Mild | No | IBS-D | 200 | No | 0 | 11 |
| 38 | 1171664 | 62 | M | Unemployed | 6 | 3 | 350 | IBS-D | Severe | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, Tea, Coffee, Spicy, Fatty | Alcohol | 39 | Severe | 16 | Moderate | No | No | 325 | No | 24 | 12 |
| 39 | 1135729 | 34 | F | Unemployed | 8 | 4 | 325 | IBS-D | Severe | 5 | Watery | No | Yes | Yes | No | Yes | Yes | Tea, Coffee , Milk, Spicy | No | 19 | Mild to | 15 | Moderate | No | No | 290 | Improve | 11 | 12 |
| 40 | 6543 | 32 | M | Semiskilled | 12 | 6 | 260 | IBS-D | Moderate | 3 | Mushy, Watery | No | Yes | Yes | Yes | No | Yes | Milk, Fatty | Alcohol | 25 | Moderate to Severe | 15 | Moderate | No | No | 310 | Worsen | 24 | 18 |
| 41 | 1171972 | 35 | M | Skilled | 8 | 4 | 300 | IBS-C | Severe | 1 | Hard | No | No | No | Yes | No | Yes | Banana, Milk | Alcohol | 20 | Mild to | 16 | Moderate | No | No | 250 | Improve | 18 | 17 |
| 42 | 1179734 | 42 | M | Skilled | 8 | 24 | 175 | IBS-M | Moderate | 4 | Mushy, Hard | No | Yes | Yes | Yes | Yes | Yes | Fatty Food, Spicy food | No | 45 | Severe | 12 | Mild | No | IBS-D | 200 | Worsen | 26 | 19 |
| 43 | 1179601 | 40 | M | Clerical / Shop | 6 | 5 | 170 | IBS-C | Mild | 3 | Mushy, | No | Yes | Yes | Yes | Yes | Yes | Spicy, Fatty food | No | 0 | No | 0 | No | No | No | 180 | Worsen | 16 | 0 |
| 44 | 1179831 | 18 | M | Unemployed | 5 | 3 | 200 | IBS-D | Moderate | 3 | Watery | No | Yes | No | Yes | Yes | Yes | Spicy, Fatty food, Milk | No | 0 | No | 9 | Mild | No | No | 180 | No | 0 | 3 |
| 45 | 1185377 | 47 | M | Skilled | 8 | 3 | 350 | IBS-C | Severe | 4 | hard , rabbit like | No | Yes | Yes | Yes | Yes | Yes | Tea, Coffee, Fatty food, Milk, Beans | Alcohol | 52 | Severe | 14 | Moderate | No | No | 300 | Improve | 19 | 12 |
| 46 | 1168781 | 52 | M | Semiskilled | 10 | 5 | 300 | IBS-M | Severe | 3 | Hard, Watery, Porridge like | No | Yes | Yes | Yes | No | Yes | Tea, Milk | No | 20 | Mild to Moderate | 15 | Moderate | No | IBS-C | 175 | Improve | 12 | 12 |

| CASES | | | | | | | | | | | | | DIETARY HISTORY | | | | | | | PSYCHIATRIC HISTORY | | | | | FOLLOW UP OUT | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffee | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigation | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Chang severit anxiet |
| 1 | 1148781 | 45 | M | Skilled | 24 | 5 | 315 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | Yes | Yes | Increased meal amount | Alcohol | 37 | Severe | 14 | Moderate | No | No | 300 | Improve | 22 | Improv |
| 2 | 537118 | 38 | M | Semiskilled | 72 | 4 | 251 | IBS-D | Moderate | 7 | Rabbit pellets | No | Yes | No | Yes | No | No | Fatty,spicy,sugary | No | 0 | No | 9 | Mild | No | No | 260 | No | 0 | No |
| 3 | 105945 | 64 | M | Clerical / Shop | 12 | 1 | 360 | IBS-C | Severe | 6 | Hard | No | Yes | Yes | Yes | No | Yes | Spicy food | No | 0 | No | 14 | Moderate | No | IBS-M | 325 | No | 0 | No |
| 4 | 1131361 | 56 | F | Unemployed | 4 | 3 | 314 | IBS-D | Severe | 9 | Watery | No | Yes | No | Yes | Yes | Yes | Spicy+Tea+Fried food | No | 43 | Severe | 19 | Severe | No | No | 250 | Improve | 16 | Improv |
| 5 | 879521 | 21 | M | Unemployed | 6 | 4 | 320 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | No | No | Fatty+Spicy | No | 35 | Severe | 21 | Severe | No | IBS-C | 300 | Improve | 15 | Improv |
| 6 | 903457 | 65 | F | Unemployed | 4 | 3 | 314 | IBS-C | Severe | 4 | Thin | No | Yes | Yes | Yes | Yes | No | Beans+Coffee+Sugary food | No | 36 | Severe | 8 | Mild | No | No | 305 | No | 24 | No |
| 7 | 863299 | 60 | M | Skilled | 4 | 3 | 350 | IBS-D | Severe | 6 | Porridge like | No | Yes | No | Yes | Yes | Yes | Potatoes+Milk | No | 45 | Severe | 17 | Moderate | No | No | 290 | Improve | 16 | Improv |
| 8 | 918488 | 46 | M | Semiprofessional | 4 | 4 | 308 | IBS-C | Severe | 6 | Rabbit pellets | No | No | No | No | Yes | No | Milk+Beans+Potato | No | 49 | Severe | 19 | Severe | No | No | 315 | No | 25 | Improv |
| 9 | 910237 | 32 | M | Skilled | 6 | 4 | 136 | IBS-C | Mild | 4 | Hard | No | Yes | No | No | No | No | Fatty+Spicy | No | 11 | Mild | 8 | Mild | No | No | 130 | No | 9 | No |
| 10 | 545608 | 27 | M | Unemployed | 6 | 3 | 345 | IBS-D | Severe | 6 | Mushy | No | Yes | Yes | Yes | No | Yes | Milk+fatty food | No | 38 | Severe | 7 | Mild | No | IBS-M | 250 | Improve | 22 | Improv |
| 11 | 927881 | 27 | M | Unemployed | 8 | 4 | 400 | IBS-D | Severe | 8 | Watery | No | Yes | No | Yes | No | No | Milk+Coffee+Spicy food+sugar | No | 32 | Severe | 22 | Severe | No | No | 350 | No | 24 | Improv |
| 12 | 919954 | 39 | F | Unemployed | 12 | 5 | 314 | IBS-D | Severe | 6 | Hard | No | No | No | Yes | No | No | Milk, Potato | No | 36 | Severe | 17 | Moderate | No | No | 300 | Improve | 12 | Improv |
| 13 | 882193 | 46 | M | Semiprofessional | 24 | 6 | 180 | IBS-D | Mild | 8 | Rabit pellets | No | Yes | Yes | No | Yes | Yes | Spicy food, potatoes, porridge | Alcohol | 0 | No | 0 | No | No | No | 100 | Improve | 6 | No |
| 14 | 964025 | 48 | M | Semiskilled | 5 | 4 | 320 | IBS-C | Severe | 4 | Hard | No | Yes | Yes | Yes | No | Yes | Milk, Cream, Rice , Beans | No | 38 | Severe | 8 | Mild | No | IBS-M | 250 | Improve | 12 | Improv |
| 15 | 921151 | 38 | F | Semiprofessional | 6 | 3 | 314 | IBS-D | Severe | 6 | Watery | No | Yes | No | No | Yes | No | Spicy food, Cheese , Milk | Alcohol | 50 | Severe | 16 | Moderate | No | No | 270 | Improve | 10 | Improv |
| 16 | 711857 | 50 | M | Skilled | 6 | 3 | 320 | IBS-D | Severe | 3 | Watery | No | Yes | No | Yes | Yes | Yes | Spices | No | 46 | Severe | 11 | Mild | No | No | 290 | Improve | 12 | Improv |
| 17 | 961481 | 25 | M | Unemployed | 6 | 4 | 312 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | No | Yes | Beans , Cheese | Alcohol | 52 | Severe | 11 | Mild | No | IBS-M | 300 | Improve | 20 | Improv |
| 18 | 878433 | 20 | M | Unemployed | 7 | 3 | 270 | IBS-M | Moderate | 3 | Watery, Pellet like, Hard | No | No | Yes | Yes | No | Yes | Coffee, Fatty food, Milk | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 250 | No | 18 | No |
| 19 | 1015939 | 48 | M | Skilled | 6 | 4 | 185 | IBS-C | Mild | 5 | Rabbit pellets | No | Yes | Yes | Yes | No | Yes | Milk, Cheese, Kidney beans, Yoghurt | Alcohol | 23 | Mild to Moderate | 15 | Moderate | No | No | 260 | No | 16 | Improv |
| 20 | 1027140 | 50 | F | Unemployed | 9 | 3 | 190 | IBS-M | Moderate | 4 | Hard+Mushy | No | Yes | No | Yes | Yes | No | Tea, Bread , Milk , Yoghurt, Kidney beans | No | 0 | No | 12 | Mild | No | IBS-D | 150 | No | 0 | No |
| 21 | 819916 | 62 | F | Unemployed | 5 | 4 | 350 | IBS-D | Severe | 6 | Watery | No | Yes | Yes | Yes | Yes | Yes | Potatoes, Fried food , Milk | No | 42 | Severe | 20 | Severe | No | No | 250 | Improve | 12 | Improv |
| 22 | 1077473 | 58 | F | Unemployed | 5 | 4 | 322 | IBS-M | Severe | 5 | Watery+Hard | No | Yes | No | Yes | Yes | Yes | Cheese, Buttermilk, Alcohol (Rum) | Alcohol | 38 | Severe | 15 | Moderate | No | No | 350 | No | 25 | Improv |
| 23 | 1096024 | 30 | F | Unemployed | 10 | 4 | 350 | IBS-D | Severe | 6 | Hard | No | Yes | Yes | No | Yes | No | Milk, Spicy food, soft drinks, Chicked peas | No | 39 | Severe | 15 | Moderate | No | No | 290 | Improve | 18 | Improv |
| 24 | 1073169 | 64 | M | Unemployed | 12 | 6 | 400 | IBS-M | Severe | 5-6.0 | Watery | No | Yes | No | Yes | Yes | Yes | Milk, pulses, Yoghurt, Cheese, Kidney beans | No | 37 | Severe | 19 | Severe | No | No | 300 | Improve | 16 | Improv |
| 25 | 1124477 | 39 | M | Skilled | 10 | 6 | 250 | IBS-D | Moderate | 6 | Mushy | No | Yes | Yes | Yes | Yes | Yes | Milk, Kidney beans, Cheese, Yoghurt | No | 0 | No | 20 | Severe | No | No | 280 | No | 0 | No |
| 26 | 1128443 | 25 | M | Unemployed | 8 | 3 | 250 | IBS-M | Moderate | 3 | Mushy+Hard | No | Yes | No | Yes | No | Yes | Milk, beans, cheese | Alcohol | 0 | No | 22 | Severe | No | IBS-D | 325 | Worsen | 15 | Worse |
| 27 | 1133498 | 24 | F | Unemployed | 10 | 8 | 252 | IBS-D | Moderate | 5 | Watery | No | Yes | No | Yes | Yes | Yes | Milk, Tea, Alcohol, Yoghurt, Kidney beans, Fruits | No | 0 | No | 24 | Severe | No | IBS-M | 310 | Worsen | 18 | Worse |
| 28 | 1131770 | 20 | F | Unemployed | 12 | 5 | 262 | IBS-M | Moderate | 6 | Watery+Hard | No | Yes | No | Yes | Yes | No | Cheese, Yoghurt, Milk, Tea, Coffee, Kidney beans | No | 0 | No | 19 | Severe | No | No | 180 | Improve | 0 | No |
| 29 | 76614 | 60 | F | Unemployed | 11 | 6 | 255 | IBS-C | Moderate | 5 | Rabbit pellet like+Hard | No | Yes | No | No | Yes | Yes | Milk, Tea, Legumes, Chickpea, Kidney beans | No | 0 | No | 17 | Moderate | No | No | 300 | No | 0 | No |
| 30 | 1139439 | 60 | F | Unemployed | 6 | 4 | 150 | IBS-C | Mild | No | Hard | No | Yes | No | No | No | No | Banana, Professionalshews | No | 14 | Mild | 0 | No | No | No | 180 | Worsen | 16 | Worse |
| 31 | 1125455 | 49 | M | Semiprofessional | 10 | 6 | 200 | IBS-C | Mild | 1 | Hard | No | No | No | No | Yes | Yes | Banana,Milk,Chickpea | No | 10 | Mild | 0 | No | No | No | 250 | No | 8 | No |
| 32 | 1152689 | 58 | M | Unemployed | 8 | 4 | 250 | IBS-D | Moderate | 4 | Mushy, Watery | No | No | Yes | Yes | Yes | Yes | Juices,Spicy,Fatty food | Alcohol | 0 | No | 15 | Moderate | No | No | 325 | Worsen | 20 | Worse |
| 33 | 1097189 | 60 | M | Unemployed | 6 | 6 | 290 | IBS-M | Moderate | 3 | Hard,Rabbit pellet like | No | Yes | Yes | Yes | Yes | Yes | Milk, Custard, Yoghurt | No | 0 | No | 18 | Moderate | No | No | 180 | No | 2 | No |
| 34 | 1154200 | 36 | M | Professional | 10 | 3 | 100 | IBS-M | Mild | 3 | Hard, Mushy, watery | No | Yes | Yes | Yes | Yes | No | Banana, Increased milk amount, | No | 0 | No | 0 | No | No | No | 150 | No | 15 | Worse |
| 35 | 1154292 | 41 | F | Semiprofessional | 8 | 3 | 325 | IBS-D | Severe | 4 | Mushy, Watery | No | Yes | Yes | Yes | Yes | Yes | Fatty food, Cheese, Spicy food | No | 50 | Severe | 17 | Moderate | No | No | 250 | Improve | 12 | Improv |
| 36 | 1167541 | 28 | F | Unemployed | 24 | 8 | 340 | IBS-D | Severe | 3 | Watery, Mushy | No | Yes | Yes | Yes | Yes | Yes | Milk, Yoghurt, Fatty, Spicy | No | 36 | Severe | 17 | Moderate | No | No | 300 | Improve | 18 | Improv |
| 37 | 1169260 | 19 | M | Unemployed | 5 | 4 | 178 | IBS-M | Moderate | 2 | Watery, Rabbit pellet like | No | Yes | Yes | Yes | Yes | Yes | Milk,Tea, Fatty, Spicy | No | 0 | No | 12 | Mild | No | IBS-D | 200 | No | 0 | No |
| 38 | 1171664 | 62 | M | Unemployed | 6 | 3 | 350 | IBS-D | Severe | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, Tea, Coffee, Spicy, Fatty | Alcohol | 39 | Severe | 16 | Moderate | No | No | 325 | No | 24 | No |
| 39 | 1135729 | 34 | F | Unemployed | 8 | 4 | 325 | IBS-D | Severe | 5 | Watery | No | Yes | Yes | No | Yes | Yes | Tea, Coffee , Milk, Spicy | No | 19 | Mild to | 15 | Moderate | No | No | 290 | Improve | 11 | Improv |
| 40 | 6543 | 32 | M | Semiskilled | 12 | 6 | 260 | IBS-D | Moderate | 3 | Mushy, Watery | No | Yes | Yes | Yes | No | Yes | Milk, Fatty | Alcohol | 25 | Moderate to Severe | 15 | Moderate | No | No | 310 | Worsen | 24 | Worse |
| 41 | 1171972 | 35 | M | Skilled | 8 | 4 | 300 | IBS-C | Severe | 1 | Hard | No | No | No | Yes | No | Yes | Banana, Milk | Alcohol | 20 | Mild to | 16 | Moderate | No | No | 250 | Improve | 18 | Improv |
| 42 | 1179734 | 42 | M | Skilled | 8 | 24 | 175 | IBS-M | Moderate | 4 | Mushy, Hard | No | Yes | Yes | Yes | Yes | Yes | Fatty Food, Spicy food | No | 45 | Severe | 12 | Mild | No | IBS-D | 200 | Worsen | 26 | No |
| 43 | 1179601 | 40 | M | Clerical / Shop | 6 | 5 | 170 | IBS-C | Mild | 3 | Mushy, | No | Yes | Yes | Yes | Yes | Yes | Spicy, Fatty food | No | 0 | No | 0 | No | No | No | 180 | Worsen | 16 | Worse |
| 44 | 1179831 | 18 | M | Unemployed | 5 | 3 | 200 | IBS-D | Moderate | 3 | Watery | No | Yes | No | Yes | Yes | Yes | Spicy, Fatty food, Milk | No | 0 | No | 9 | Mild | No | No | 180 | No | 0 | No |
| 45 | 1185377 | 47 | M | Skilled | 8 | 3 | 350 | IBS-C | Severe | 4 | hard , rabbit like | No | Yes | Yes | Yes | Yes | Yes | Tea, Coffee, Fatty food, Milk, Beans | Alcohol | 52 | Severe | 14 | Moderate | No | No | 300 | Improve | 19 | Improv |
| 46 | 1168781 | 52 | M | Semiskilled | 10 | 5 | 300 | IBS-M | Severe | 3 | Hard, Watery, Porridge like | No | Yes | Yes | Yes | No | Yes | Tea, Milk | No | 20 | Mild to Moderate | 15 | Moderate | No | IBS-C | 175 | Improve | 12 | Improv |

| CASES | | | | | | | | | | | | | DIETARY HISTORY | | | | | | | PSYCHIATRIC HISTORY | | | | | FOLLOW UP OUT | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffee | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigation | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Chang severit depres |
| 1 | 1148781 | 45 | M | Skilled | 24 | 5 | 315 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | Yes | Yes | Increased meal amount | Alcohol | 37 | Severe | 14 | Moderate | No | No | 300 | Improve | 22 | Improv |
| 2 | 537118 | 38 | M | Semiskilled | 72 | 4 | 251 | IBS-D | Moderate | 7 | Rabbit pellets | No | Yes | No | Yes | No | No | Fatty,spicy,sugary | No | 0 | No | 9 | Mild | No | No | 260 | No | 0 | No |
| 3 | 105945 | 64 | M | Clerical / Shop | 12 | 1 | 360 | IBS-C | Severe | 6 | Hard | No | Yes | Yes | Yes | No | Yes | Spicy food | No | 0 | No | 14 | Moderate | No | IBS-M | 325 | No | 0 | No |
| 4 | 1131361 | 56 | F | Unemployed | 4 | 3 | 314 | IBS-D | Severe | 9 | Watery | No | Yes | No | Yes | Yes | Yes | Spicy+Tea+Fried food | No | 43 | Severe | 19 | Severe | No | No | 250 | Improve | 16 | Improv |
| 5 | 879521 | 21 | M | Unemployed | 6 | 4 | 320 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | No | No | Fatty+Spicy | No | 35 | Severe | 21 | Severe | No | IBS-C | 300 | Improve | 15 | Improv |
| 6 | 903457 | 65 | F | Unemployed | 4 | 3 | 314 | IBS-C | Severe | 4 | Thin | No | Yes | Yes | Yes | Yes | No | Beans+Coffee+Sugary food | No | 36 | Severe | 8 | Mild | No | No | 305 | No | 24 | No |
| 7 | 863299 | 60 | M | Skilled | 4 | 3 | 350 | IBS-D | Severe | 6 | Porridge like | No | Yes | No | Yes | Yes | Yes | Potatoes+Milk | No | 45 | Severe | 17 | Moderate | No | No | 290 | Improve | 16 | Improv |
| 8 | 918488 | 46 | M | Semiprofessional | 4 | 4 | 308 | IBS-C | Severe | 6 | Rabbit pellets | No | No | No | No | Yes | No | Milk+Beans+Potato | No | 49 | Severe | 19 | Severe | No | No | 315 | No | 25 | No |
| 9 | 910237 | 32 | M | Skilled | 6 | 4 | 136 | IBS-C | Mild | 4 | Hard | No | Yes | No | No | No | No | Fatty+Spicy | No | 11 | Mild | 8 | Mild | No | No | 130 | No | 9 | No |
| 10 | 545608 | 27 | M | Unemployed | 6 | 3 | 345 | IBS-D | Severe | 6 | Mushy | No | Yes | Yes | Yes | No | Yes | Milk+fatty food | No | 38 | Severe | 7 | Mild | No | IBS-M | 250 | Improve | 22 | No |
| 11 | 927881 | 27 | M | Unemployed | 8 | 4 | 400 | IBS-D | Severe | 8 | Watery | No | Yes | No | Yes | No | No | Milk+Coffee+Spicy food+sugar | No | 32 | Severe | 22 | Severe | No | No | 350 | No | 24 | Improv |
| 12 | 919954 | 39 | F | Unemployed | 12 | 5 | 314 | IBS-D | Severe | 6 | Hard | No | No | No | Yes | No | No | Milk, Potato | No | 36 | Severe | 17 | Moderate | No | No | 300 | Improve | 12 | Improv |
| 13 | 882193 | 46 | M | Semiprofessional | 24 | 6 | 180 | IBS-D | Mild | 8 | Rabit pellets | No | Yes | Yes | No | Yes | Yes | Spicy food, potatoes, porridge | Alcohol | 0 | No | 0 | No | No | No | 100 | Improve | 6 | No |
| 14 | 964025 | 48 | M | Semiskilled | 5 | 4 | 320 | IBS-C | Severe | 4 | Hard | No | Yes | Yes | Yes | No | Yes | Milk, Cream, Rice , Beans | No | 38 | Severe | 8 | Mild | No | IBS-M | 250 | Improve | 12 | No |
| 15 | 921151 | 38 | F | Semiprofessional | 6 | 3 | 314 | IBS-D | Severe | 6 | Watery | No | Yes | No | No | Yes | No | Spicy food, Cheese , Milk | Alcohol | 50 | Severe | 16 | Moderate | No | No | 270 | Improve | 10 | No |
| 16 | 711857 | 50 | M | Skilled | 6 | 3 | 320 | IBS-D | Severe | 3 | Watery | No | Yes | No | Yes | Yes | Yes | Spices | No | 46 | Severe | 11 | Mild | No | No | 290 | Improve | 12 | No |
| 17 | 961481 | 25 | M | Unemployed | 6 | 4 | 312 | IBS-D | Severe | 4 | Watery | No | Yes | No | Yes | No | Yes | Beans , Cheese | Alcohol | 52 | Severe | 11 | Mild | No | IBS-M | 300 | Improve | 20 | No |
| 18 | 878433 | 20 | M | Unemployed | 7 | 3 | 270 | IBS-M | Moderate | 3 | Watery, Pellet like, Hard | No | No | Yes | Yes | No | Yes | Coffee, Fatty food, Milk | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 250 | No | 18 | Improv |
| 19 | 1015939 | 48 | M | Skilled | 6 | 4 | 185 | IBS-C | Mild | 5 | Rabbit pellets | No | Yes | Yes | Yes | No | Yes | Milk, Cheese, Kidney beans, Yoghurt | Alcohol | 23 | Mild to Moderate | 15 | Moderate | No | No | 260 | No | 16 | No |
| 20 | 1027140 | 50 | F | Unemployed | 9 | 3 | 190 | IBS-M | Moderate | 4 | Hard+Mushy | No | Yes | No | Yes | Yes | No | Tea, Bread , Milk , Yoghurt, Kidney beans | No | 0 | No | 12 | Mild | No | IBS-D | 150 | No | 0 | No |
| 21 | 819916 | 62 | F | Unemployed | 5 | 4 | 350 | IBS-D | Severe | 6 | Watery | No | Yes | Yes | Yes | Yes | Yes | Potatoes, Fried food , Milk | No | 42 | Severe | 20 | Severe | No | No | 250 | Improve | 12 | Improv |
| 22 | 1077473 | 58 | F | Unemployed | 5 | 4 | 322 | IBS-M | Severe | 5 | Watery+Hard | No | Yes | No | Yes | Yes | Yes | Cheese, Buttermilk, Alcohol (Rum) | Alcohol | 38 | Severe | 15 | Moderate | No | No | 350 | No | 25 | Improv |
| 23 | 1096024 | 30 | F | Unemployed | 10 | 4 | 350 | IBS-D | Severe | 6 | Hard | No | Yes | Yes | No | Yes | No | Milk, Spicy food, soft drinks, Chicked peas | No | 39 | Severe | 15 | Moderate | No | No | 290 | Improve | 18 | Improv |
| 24 | 1073169 | 64 | M | Unemployed | 12 | 6 | 400 | IBS-M | Severe | 5-6.0 | Watery | No | Yes | No | Yes | Yes | Yes | Milk, pulses, Yoghurt, Cheese, Kidney beans | No | 37 | Severe | 19 | Severe | No | No | 300 | Improve | 16 | Improv |
| 25 | 1124477 | 39 | M | Skilled | 10 | 6 | 250 | IBS-D | Moderate | 6 | Mushy | No | Yes | Yes | Yes | Yes | Yes | Milk, Kidney beans, Cheese, Yoghurt | No | 0 | No | 20 | Severe | No | No | 280 | No | 0 | Improv |
| 26 | 1128443 | 25 | M | Unemployed | 8 | 3 | 250 | IBS-M | Moderate | 3 | Mushy+Hard | No | Yes | No | Yes | No | Yes | Milk, beans, cheese | Alcohol | 0 | No | 22 | Severe | No | IBS-D | 325 | Worsen | 15 | No |
| 27 | 1133498 | 24 | F | Unemployed | 10 | 8 | 252 | IBS-D | Moderate | 5 | Watery | No | Yes | No | Yes | Yes | Yes | Milk, Tea, Alcohol, Yoghurt, Kidney beans, Fruits | No | 0 | No | 24 | Severe | No | IBS-M | 310 | Worsen | 18 | No |
| 28 | 1131770 | 20 | F | Unemployed | 12 | 5 | 262 | IBS-M | Moderate | 6 | Watery+Hard | No | Yes | No | Yes | Yes | No | Cheese, Yoghurt, Milk, Tea, Coffee, Kidney beans | No | 0 | No | 19 | Severe | No | No | 180 | Improve | 0 | Improv |
| 29 | 76614 | 60 | F | Unemployed | 11 | 6 | 255 | IBS-C | Moderate | 5 | Rabbit pellet like+Hard | No | Yes | No | No | Yes | Yes | Milk, Tea, Legumes, Chickpea, Kidney beans | No | 0 | No | 17 | Moderate | No | No | 300 | No | 0 | Improv |
| 30 | 1139439 | 60 | F | Unemployed | 6 | 4 | 150 | IBS-C | Mild | No | Hard | No | Yes | No | No | No | No | Banana, Professionalshews | No | 14 | Mild | 0 | No | No | No | 180 | Worsen | 16 | No |
| 31 | 1125455 | 49 | M | Semiprofessional | 10 | 6 | 200 | IBS-C | Mild | 1 | Hard | No | No | No | No | Yes | Yes | Banana,Milk,Chickpea | No | 10 | Mild | 0 | No | No | No | 250 | No | 8 | No |
| 32 | 1152689 | 58 | M | Unemployed | 8 | 4 | 250 | IBS-D | Moderate | 4 | Mushy, Watery | No | No | Yes | Yes | Yes | Yes | Juices,Spicy,Fatty food | Alcohol | 0 | No | 15 | Moderate | No | No | 325 | Worsen | 20 | Worse |
| 33 | 1097189 | 60 | M | Unemployed | 6 | 6 | 290 | IBS-M | Moderate | 3 | Hard,Rabbit pellet like | No | Yes | Yes | Yes | Yes | Yes | Milk, Custard, Yoghurt | No | 0 | No | 18 | Moderate | No | No | 180 | No | 2 | No |
| 34 | 1154200 | 36 | M | Professional | 10 | 3 | 100 | IBS-M | Mild | 3 | Hard, Mushy, watery | No | Yes | Yes | Yes | Yes | No | Banana, Increased milk amount, | No | 0 | No | 0 | No | No | No | 150 | No | 15 | No |
| 35 | 1154292 | 41 | F | Semiprofessional | 8 | 3 | 325 | IBS-D | Severe | 4 | Mushy, Watery | No | Yes | Yes | Yes | Yes | Yes | Fatty food, Cheese, Spicy food | No | 50 | Severe | 17 | Moderate | No | No | 250 | Improve | 12 | Improv |
| 36 | 1167541 | 28 | F | Unemployed | 24 | 8 | 340 | IBS-D | Severe | 3 | Watery, Mushy | No | Yes | Yes | Yes | Yes | Yes | Milk, Yoghurt, Fatty, Spicy | No | 36 | Severe | 17 | Moderate | No | No | 300 | Improve | 18 | Improv |
| 37 | 1169260 | 19 | M | Unemployed | 5 | 4 | 178 | IBS-M | Moderate | 2 | Watery, Rabbit pellet like | No | Yes | Yes | Yes | Yes | Yes | Milk,Tea, Fatty, Spicy | No | 0 | No | 12 | Mild | No | IBS-D | 200 | No | 0 | No |
| 38 | 1171664 | 62 | M | Unemployed | 6 | 3 | 350 | IBS-D | Severe | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, Tea, Coffee, Spicy, Fatty | Alcohol | 39 | Severe | 16 | Moderate | No | No | 325 | No | 24 | Improv |
| 39 | 1135729 | 34 | F | Unemployed | 8 | 4 | 325 | IBS-D | Severe | 5 | Watery | No | Yes | Yes | No | Yes | Yes | Tea, Coffee , Milk, Spicy | No | 19 | Mild to | 15 | Moderate | No | No | 290 | Improve | 11 | Improv |
| 40 | 6543 | 32 | M | Semiskilled | 12 | 6 | 260 | IBS-D | Moderate | 3 | Mushy, Watery | No | Yes | Yes | Yes | No | Yes | Milk, Fatty | Alcohol | 25 | Moderate to Severe | 15 | Moderate | No | No | 310 | Worsen | 24 | Worse |
| 41 | 1171972 | 35 | M | Skilled | 8 | 4 | 300 | IBS-C | Severe | 1 | Hard | No | No | No | Yes | No | Yes | Banana, Milk | Alcohol | 20 | Mild to | 16 | Moderate | No | No | 250 | Improve | 18 | Worse |
| 42 | 1179734 | 42 | M | Skilled | 8 | 24 | 175 | IBS-M | Moderate | 4 | Mushy, Hard | No | Yes | Yes | Yes | Yes | Yes | Fatty Food, Spicy food | No | 45 | Severe | 12 | Mild | No | IBS-D | 200 | Worsen | 26 | Worse |
| 43 | 1179601 | 40 | M | Clerical / Shop | 6 | 5 | 170 | IBS-C | Mild | 3 | Mushy, | No | Yes | Yes | Yes | Yes | Yes | Spicy, Fatty food | No | 0 | No | 0 | No | No | No | 180 | Worsen | 16 | No |
| 44 | 1179831 | 18 | M | Unemployed | 5 | 3 | 200 | IBS-D | Moderate | 3 | Watery | No | Yes | No | Yes | Yes | Yes | Spicy, Fatty food, Milk | No | 0 | No | 9 | Mild | No | No | 180 | No | 0 | No |
| 45 | 1185377 | 47 | M | Skilled | 8 | 3 | 350 | IBS-C | Severe | 4 | hard , rabbit like | No | Yes | Yes | Yes | Yes | Yes | Tea, Coffee, Fatty food, Milk, Beans | Alcohol | 52 | Severe | 14 | Moderate | No | No | 300 | Improve | 19 | Improv |
| 46 | 1168781 | 52 | M | Semiskilled | 10 | 5 | 300 | IBS-M | Severe | 3 | Hard, Watery, Porridge like | No | Yes | Yes | Yes | No | Yes | Tea, Milk | No | 20 | Mild to Moderate | 15 | Moderate | No | IBS-C | 175 | Improve | 12 | Improv |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 47 | 1185402 | 19 | F | Unemployed | 9 | 6 | 275 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | No | Yes | Yes | Yes | Milk, Tea, Fatty food, | No | 23 | Moderate to Severe | 0 | No | No | No | 225 |
| 48 | 1191772 | 65 | M | Unemployed | 7 | 5 | 350 | IBS-M | Severe | 3 | Watery, Hard | No | Yes | No | Yes | Yes | Yes | Banana, Fatty food | No | 36 | Severe | 14 | Moderate | No | No | 300 |
| 49 | 1191697 | 43 | M | Skilled | 8 | 6 | 300 | IBS-D | Severe | 4 | Watery, Porridge | No | Yes | No | Yes | Yes | No | Fatty food, Spicy food | No | 45 | Severe | 19 | Severe | No | No | 325 |
| 50 | 1191752 | 61 | F | Unemployed | 6 | 4 | 275 | IBS-M | Moderate | 2 | Hard, Watery | No | Yes | Yes | No | No | Yes | Banana, Nuts | No | 20 | Mild to | 0 | No | No | IBS-D | 280 |
| 51 | 1190714 | 38 | M | Professional | 5 | 6 | 80 | IBS-C | Mild | 3 | Hard,String like | No | Yes | Yes | Yes | Yes | No | Fatty food, Fruits, Spicy | Alcohol | 0 | No | 13 | Mild | No | No | 100 |
| 52 | 1191728 | 60 | M | Unemployed | 4 | 5 | 325 | IBS-D | Severe | 3 | Watery | No | Yes | Yes | Yes | No | Yes | Milk, fatty food | No | 28 | Moderate to Severe | 14 | Moderate | No | No | 300 |
| 53 | 1192378 | 44 | F | Semiprofessional | 5 | 3 | 250 | IBS-M | Moderate | 4 | Porridge like | No | Yes | No | No | No | Yes | Spicy food, juices | No | 20 | Mild to | 0 | No | No | No | 280 |
| 54 | 1192026 | 65 | M | Unemployed | 7 | 4 | 360 | IBS-D | Severe | 5 | Watery | No | Yes | No | No | No | Yes | Tea | No | 22 | Mild to | 20 | Severe | No | IBS-M | 350 |
| 55 | 1192368 | 25 | F | Unemployed | 6 | 5 | 225 | IBS-M | Moderate | 2 | Watery, Hard | No | Yes | No | Yes | Yes | Yes | Tea, Fatty food, Spicy food | No | 45 | Severe | 15 | Moderate | No | No | 260 |
| 56 | 1279346 | 19 | M | Unemployed | 7 | 6 | 325 | IBS-D | Severe | 3 | Watery , Porridge | No | Yes | No | Yes | Yes | Yes | Tea, Milk | No | 22 | Mild to Moderate | 20 | Severe | No | No | 360 |
| 57 | 1279278 | 37 | M | Semiskilled | 5 | 4 | 350 | IBS-M | Severe | 4 | Watery , hard | No | No | No | Yes | No | No | Spicy food, Milk, Tea | No | 0 | No | 12 | Mild | No | No | 280 |
| 58 | 1278726 | 26 | F | Skilled | 3 | 3 | 300 | IBS-M | Moderate | 5 | Watery, Rabbit pellet like | No | Yes | No | Yes | No | No | Milk, Spicy food, Tea | No | 26 | Moderate to Severe | 13 | Mild | No | No | 325 |
| 59 | 331329 | 61 | F | Unemployed | 4 | 3 | 275 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | Yes | No | No | Yes | Milk, Tea | No | 29 | Moderate to Severe | 17 | Moderate | No | No | 300 |
| 60 | 1279758 | 50 | M | Skilled | 3 | 4 | 180 | IBS-M | Moderate | 3 | Watery, hard | No | No | Yes | Yes | No | Yes | Milk, Coffee | No | 19 | Mild to | 15 | Moderate | No | No | 250 |
| 61 | 1280073 | 49 | M | Skilled | 4 | 3 | 325 | IBS-D | Severe | 5 | Watery, Porridge | No | Yes | Yes | No | Yes | Yes | Milk, tea, spicy , fatty food | No | 23 | Mild to Moderate | 17 | Moderate | No | No | 300 |
| 62 | 1280708 | 65 | M | Unemployed | 5 | 4 | 350 | IBS-M | Severe | 4 | Porridge, Rabbit pellet | No | Yes | Yes | Yes | No | No | Tea, spicy | No | 36 | Severe | 18 | Moderate | No | No | 250 |
| 63 | 1279945 | 52 | M | Semiprofessional | 6 | 3 | 280 | IBS-M | Moderate | 6 | Watery, hard | No | Yes | Yes | Yes | Yes | Yes | Tea, milk, spicy | No | 20 | Mild to | 17 | Moderate | No | No | 310 |
| 64 | 1280599 | 58 | F | Unemployed | 5 | 3 | 300 | IBS-D | Severe | 5 | Watery, Porridge | No | Yes | Yes | Yes | No | Yes | Tea, spicy, fatty food | No | 22 | Mild to Moderate | 15 | Moderate | No | IBS-M | 316 |
| 65 | 273547 | 19 | M | Unemployed | 6 | 5 | 325 | IBS-M | Severe | 5 | Watery | No | Yes | Yes | Yes | No | Yes | Tea, Coffee, Juices | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 310 |
| 66 | 1277970 | 62 | F | Unemployed | 5 | 6 | 225 | IBS-D | Moderate | 4 | Watery, Porridge | No | No | Yes | No | No | Yes | Milk, tea, coffee | No | 28 | Moderate to Severe | 17 | Moderate | No | No | 320 |
| 67 | 1277992 | 64 | M | Semiskilled | 7 | 5 | 320 | IBS-M | Severe | 6 | Watery, Porridge | No | Yes | Yes | Yes | No | Yes | Milk, tea | No | 45 | Severe | 17 | Moderate | No | No | 290 |
| 68 | 1278019 | 22 | M | Unemployed | 8 | 6 | 280 | IBS-M | Moderate | 4 | watery | No | Yes | Yes | Yes | No | No | milk, fatty food | No | 18 | Mild to | 9 | Mild | No | No | 350 |
| 69 | 1278036 | 50 | F | Unemployed | 6 | 5 | 290 | IBS-M | Moderate | 3 | String like, Porridge | No | Yes | Yes | No | No | Yes | Spicy, fatty food, milk , tea , coffee | No | 19 | Mild to Moderate | 10 | Mild | No | No | 280 |
| 70 | 1278690 | 65 | M | Unemployed | 3 | 3 | 350 | IBS-D | Severe | 6 | Watery | No | Yes | No | No | No | Yes | milk, tea | No | 28 | Moderate to Severe | 15 | Moderate | No | No | 300 |
| 71 | 1278736 | 59 | F | Clerical / Shop | 6 | 2 | 280 | IBS-M | Moderate | 5 | Watery, hard | No | Yes | Yes | No | Yes | Yes | Milk, spicy food , tea | No | 50 | Severe | 12 | Mild | No | No | 310 |
| 72 | 1278679 | 55 | M | Semiprofessional | 5 | 3 | 150 | IBS-M | Mild | 3 | Watery, porridge, pellets | No | Yes | Yes | No | Yes | Yes | Spicy, Fatty, sugary, Milk | No | 20 | Mild to Moderate | 14 | Moderate | No | No | 200 |
| 73 | 1240824 | 54 | F | Unemployed | 3 | 5 | 280 | IBS-M | Moderate | 5 | watery , Porridge | No | Yes | Yes | No | Yes | Yes | Milk, spicy, fatty food | No | 45 | Severe | 18 | Moderate | No | No | 310 |
| 74 | 1253228 | 62 | M | Clerical / Shop | 3 | 4 | 200 | IBS-M | Moderate | 4 | Mushy | No | Yes | Yes | No | Yes | Yes | Spicy food, Fatty food, Sugary | No | 20 | Mild to Moderate | 16 | Moderate | No | No | 250 |
| 75 | 1254056 | 59 | F | Skilled | 4 | 5 | 300 | IBS-D | Severe | 5 | Mushy | No | Yes | Yes | No | Yes | Yes | Fatty food, Excessive food | No | 35 | Severe | 18 | Moderate | No | IBS-M | 310 |
| 76 | 1253323 | 62 | M | Unemployed | 3 | 4 | 275 | IBS-M | Moderate | 4 | Porridge | No | Yes | Yes | Yes | Yes | No | Tea,spicy food | No | 22 | Mild to Moderate | 17 | Moderate | No | IBS-D | 280 |
| 77 | 1254946 | 65 | M | Clerical / Shop | 3 | 3 | 350 | IBS-C | Severe | 3 | Hard | No | No | Yes | No | Yes | No | tea, milk, spicy food | No | 23 | Mild to | 18 | Moderate | No | No | 180 |
| 78 | 1255059 | 55 | M | Unemployed | 5 | 4 | 220 | IBS-M | Moderate | 4 | Hard, Porridge like | No | Yes | Yes | Yes | No | Yes | Tea, coffee, fatty food | No | 27 | Moderate to Severe | 17 | Moderate | No | No | 290 |
| 79 | 1170331 | 63 | M | Clerical / Shop | 4 | 3 | 175 | IBS-C | Mild | 2 | Hard, String like | No | Yes | Yes | Yes | Yes | Yes | Milk, spicy | No | 20 | Mild to Moderate | 16 | Moderate | No | No | 280 |
| 80 | 1255099 | 38 | M | Clerical / Shop | 5 | 4 | 275 | IBS-D | Moderate | 4 | Porridge, Watery | No | Yes | Yes | Yes | Yes | Yes | Coffee, tea, spicy food | No | 22 | Mild to Moderate | 18 | Moderate | No | No | 310 |
| 81 | 1255724 | 20 | F | Unemployed | 4 | 3 | 250 | IBS-M | Moderate | 3 | Watery, String like | No | Yes | Yes | Yes | No | Yes | Milk,coffee, spicy, fatty food | No | 0 | No | 13 | Mild | No | No | 150 |
| 82 | 1255761 | 60 | M | Unemployed | 3 | 4 | 175 | IBS-D | Severe | 4 | Watery, Porridge | Yes | Yes | Yes | Yes | Yes | No | Spicy, fatty food, coffee | No | 30 | Moderate to Severe | 15 | Moderate | No | No | 310 |
| 83 | 1245507 | 55 | M | Skilled | 4 | 4 | 325 | IBS-M | Severe | 5 | Hard, Porridge | Yes | Yes | Yes | Yes | No | Yes | Fatty food, coffee,spicy food | No | 19 | Mild to Moderate | 17 | Moderate | No | No | 300 |
| 84 | 1244877 | 65 | F | Unemployed | 5 | 3 | 180 | IBS-D | Mild | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, tea | No | 0 | No | 0 | No | No | No | 250 |
| 85 | 1245899 | 60 | F | Clerical / Shop | 4 | 4 | 270 | IBS-D | Moderate | 3 | Watery, | No | Yes | No | Yes | Yes | Yes | Fatty food, Milk , Spicy food | No | 28 | Moderate to Severe | 12 | Mild | No | No | 200 |
| 86 | 1245578 | 55 | M | Semiprofessional | 3 | 5 | 200 | IBS-M | Moderate | 4 | Watery, Rabbit pellet like | No | Yes | No | Yes | Yes | No | Fatty food, Spicy | No | 29 | Moderate to Severe | 15 | Moderate | No | IBS-D | 300 |
| 87 | 1246068 | 65 | M | Unemployed | 4 | 3 | 175 | IBS-C | Mild | 2 | String like , Hard | No | Yes | Yes | Yes | Yes | Yes | Fatty food,spicy,coffee | No | 0 | No | 0 | No | No | No | 180 |
| 88 | 1246048 | 57 | M | Unemployed | 5 | 4 | 260 | IBS-M | Moderate | 4 | Hard, rabbit string, watery | No | Yes | Yes | Yes | Yes | Yes | Milk, Coffee, fatty food, spicy food | No | 19 | Mild to Moderate | 12 | Mild | No | No | 320 |
| 89 | 1246063 | 18 | M | Unemployed | 4 | 3 | 160 | IBS-D | Mild | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, Coffee, Fatty food , spicy food , milk | No | 0 | No | 0 | No | No | IBS-M | 250 |
| 90 | 1246199 | 60 | M | Unemployed | 4 | 5 | 300 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | milk, spicy food, coffee , fatty food | No | 28 | Moderate to Severe | 13 | Mild | No | No | 225 |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 47 | 1185402 | 19 | F | Unemployed | 9 | 6 | 275 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | No | Yes | Yes | Yes | Milk, Tea, Fatty food, | No | 23 | Moderate to Severe | 0 | No | No | No | 225 | No |
| 48 | 1191772 | 65 | M | Unemployed | 7 | 5 | 350 | IBS-M | Severe | 3 | Watery, Hard | No | Yes | No | Yes | Yes | Yes | Banana, Fatty food | No | 36 | Severe | 14 | Moderate | No | No | 300 | Improve |
| 49 | 1191697 | 43 | M | Skilled | 8 | 6 | 300 | IBS-D | Severe | 4 | Watery, Porridge | No | Yes | No | Yes | Yes | No | Fatty food, Spicy food | No | 45 | Severe | 19 | Severe | No | No | 325 | Worsen |
| 50 | 1191752 | 61 | F | Unemployed | 6 | 4 | 275 | IBS-M | Moderate | 2 | Hard, Watery | No | Yes | Yes | No | No | Yes | Banana, Nuts | No | 20 | Mild to | 0 | No | No | IBS-D | 280 | No |
| 51 | 1190714 | 38 | M | Professional | 5 | 6 | 80 | IBS-C | Mild | 3 | Hard,String like | No | Yes | Yes | Yes | Yes | No | Fatty food, Fruits, Spicy | Alcohol | 0 | No | 13 | Mild | No | No | 100 | No |
| 52 | 1191728 | 60 | M | Unemployed | 4 | 5 | 325 | IBS-D | Severe | 3 | Watery | No | Yes | Yes | Yes | No | Yes | Milk, fatty food | No | 28 | Moderate to Severe | 14 | Moderate | No | No | 300 | Improve |
| 53 | 1192378 | 44 | F | Semiprofessional | 5 | 3 | 250 | IBS-M | Moderate | 4 | Porridge like | No | Yes | No | No | No | Yes | Spicy food, juices | No | 20 | Mild to | 0 | No | No | No | 280 | No |
| 54 | 1192026 | 65 | M | Unemployed | 7 | 4 | 360 | IBS-D | Severe | 5 | Watery | No | Yes | No | No | No | Yes | Tea | No | 22 | Mild to | 20 | Severe | No | IBS-M | 350 | No |
| 55 | 1192368 | 25 | F | Unemployed | 6 | 5 | 225 | IBS-M | Moderate | 2 | Watery, Hard | No | Yes | No | Yes | Yes | Yes | Tea, Fatty food, Spicy food | No | 45 | Severe | 15 | Moderate | No | No | 260 | No |
| 56 | 1279346 | 19 | M | Unemployed | 7 | 6 | 325 | IBS-D | Severe | 3 | Watery , Porridge | No | Yes | No | Yes | Yes | Yes | Tea, Milk | No | 22 | Mild to Moderate | 20 | Severe | No | No | 360 | No |
| 57 | 1279278 | 37 | M | Semiskilled | 5 | 4 | 350 | IBS-M | Severe | 4 | Watery , hard | No | No | No | Yes | No | No | Spicy food, Milk, Tea | No | 0 | No | 12 | Mild | No | No | 280 | Improve |
| 58 | 1278726 | 26 | F | Skilled | 3 | 3 | 300 | IBS-M | Moderate | 5 | Watery, Rabbit pellet like | No | Yes | No | Yes | No | No | Milk, Spicy food, Tea | No | 26 | Moderate to Severe | 13 | Mild | No | No | 325 | Worsen |
| 59 | 331329 | 61 | F | Unemployed | 4 | 3 | 275 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | Yes | No | No | Yes | Milk, Tea | No | 29 | Moderate to Severe | 17 | Moderate | No | No | 300 | No |
| 60 | 1279758 | 50 | M | Skilled | 3 | 4 | 180 | IBS-M | Moderate | 3 | Watery, hard | No | No | Yes | Yes | No | Yes | Milk, Coffee | No | 19 | Mild to | 15 | Moderate | No | No | 250 | No |
| 61 | 1280073 | 49 | M | Skilled | 4 | 3 | 325 | IBS-D | Severe | 5 | Watery, Porridge | No | Yes | Yes | No | Yes | Yes | Milk, tea, spicy , fatty food | No | 23 | Mild to Moderate | 17 | Moderate | No | No | 300 | Improve |
| 62 | 1280708 | 65 | M | Unemployed | 5 | 4 | 350 | IBS-M | Severe | 4 | Porridge, Rabbit pellet | No | Yes | Yes | Yes | No | No | Tea, spicy | No | 36 | Severe | 18 | Moderate | No | No | 250 | Improve |
| 63 | 1279945 | 52 | M | Semiprofessional | 6 | 3 | 280 | IBS-M | Moderate | 6 | Watery, hard | No | Yes | Yes | Yes | Yes | Yes | Tea, milk, spicy | No | 20 | Mild to | 17 | Moderate | No | No | 310 | Worsen |
| 64 | 1280599 | 58 | F | Unemployed | 5 | 3 | 300 | IBS-D | Severe | 5 | Watery, Porridge | No | Yes | Yes | Yes | No | Yes | Tea, spicy, fatty food | No | 22 | Mild to Moderate | 15 | Moderate | No | IBS-M | 316 | Worsen |
| 65 | 273547 | 19 | M | Unemployed | 6 | 5 | 325 | IBS-M | Severe | 5 | Watery | No | Yes | Yes | Yes | No | Yes | Tea, Coffee, Juices | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 310 | No |
| 66 | 1277970 | 62 | F | Unemployed | 5 | 6 | 225 | IBS-D | Moderate | 4 | Watery, Porridge | No | No | Yes | No | No | Yes | Milk, tea, coffee | No | 28 | Moderate to Severe | 17 | Moderate | No | No | 320 | Worsen |
| 67 | 1277992 | 64 | M | Semiskilled | 7 | 5 | 320 | IBS-M | Severe | 6 | Watery, Porridge | No | Yes | Yes | Yes | No | Yes | Milk, tea | No | 45 | Severe | 17 | Moderate | No | No | 290 | Improve |
| 68 | 1278019 | 22 | M | Unemployed | 8 | 6 | 280 | IBS-M | Moderate | 4 | watery | No | Yes | Yes | Yes | No | No | milk, fatty food | No | 18 | Mild to | 9 | Mild | No | No | 350 | Worsen |
| 69 | 1278036 | 50 | F | Unemployed | 6 | 5 | 290 | IBS-M | Moderate | 3 | String like, Porridge | No | Yes | Yes | No | No | Yes | Spicy, fatty food, milk , tea , coffee | No | 19 | Mild to Moderate | 10 | Mild | No | No | 280 | No |
| 70 | 1278690 | 65 | M | Unemployed | 3 | 3 | 350 | IBS-D | Severe | 6 | Watery | No | Yes | No | No | No | Yes | milk, tea | No | 28 | Moderate to Severe | 15 | Moderate | No | No | 300 | Improve |
| 71 | 1278736 | 59 | F | Clerical / Shop | 6 | 2 | 280 | IBS-M | Moderate | 5 | Watery, hard | No | Yes | Yes | No | Yes | Yes | Milk, spicy food , tea | No | 50 | Severe | 12 | Mild | No | No | 310 | Worsen |
| 72 | 1278679 | 55 | M | Semiprofessional | 5 | 3 | 150 | IBS-M | Mild | 3 | Watery, porridge, pellets | No | Yes | Yes | No | Yes | Yes | Spicy, Fatty, sugary, Milk | No | 20 | Mild to Moderate | 14 | Moderate | No | No | 200 | Worsen |
| 73 | 1240824 | 54 | F | Unemployed | 3 | 5 | 280 | IBS-M | Moderate | 5 | watery , Porridge | No | Yes | Yes | No | Yes | Yes | Milk, spicy, fatty food | No | 45 | Severe | 18 | Moderate | No | No | 310 | Worsen |
| 74 | 1253228 | 62 | M | Clerical / Shop | 3 | 4 | 200 | IBS-M | Moderate | 4 | Mushy | No | Yes | Yes | No | Yes | Yes | Spicy food, Fatty food, Sugary | No | 20 | Mild to Moderate | 16 | Moderate | No | No | 250 | No |
| 75 | 1254056 | 59 | F | Skilled | 4 | 5 | 300 | IBS-D | Severe | 5 | Mushy | No | Yes | Yes | No | Yes | Yes | Fatty food, Excessive food | No | 35 | Severe | 18 | Moderate | No | IBS-M | 310 | Worsen |
| 76 | 1253323 | 62 | M | Unemployed | 3 | 4 | 275 | IBS-M | Moderate | 4 | Porridge | No | Yes | Yes | Yes | Yes | No | Tea,spicy food | No | 22 | Mild to Moderate | 17 | Moderate | No | IBS-D | 280 | No |
| 77 | 1254946 | 65 | M | Clerical / Shop | 3 | 3 | 350 | IBS-C | Severe | 3 | Hard | No | No | Yes | No | Yes | No | tea, milk, spicy food | No | 23 | Mild to | 18 | Moderate | No | No | 180 | Improve |
| 78 | 1255059 | 55 | M | Unemployed | 5 | 4 | 220 | IBS-M | Moderate | 4 | Hard, Porridge like | No | Yes | Yes | Yes | No | Yes | Tea, coffee, fatty food | No | 27 | Moderate to Severe | 17 | Moderate | No | No | 290 | No |
| 79 | 1170331 | 63 | M | Clerical / Shop | 4 | 3 | 175 | IBS-C | Mild | 2 | Hard, String like | No | Yes | Yes | Yes | Yes | Yes | Milk, spicy | No | 20 | Mild to Moderate | 16 | Moderate | No | No | 280 | Worsen |
| 80 | 1255099 | 38 | M | Clerical / Shop | 5 | 4 | 275 | IBS-D | Moderate | 4 | Porridge, Watery | No | Yes | Yes | Yes | Yes | Yes | Coffee, tea, spicy food | No | 22 | Mild to Moderate | 18 | Moderate | No | No | 310 | Worsen |
| 81 | 1255724 | 20 | F | Unemployed | 4 | 3 | 250 | IBS-M | Moderate | 3 | Watery, String like | No | Yes | Yes | Yes | No | Yes | Milk,coffee, spicy, fatty food | No | 0 | No | 13 | Mild | No | No | 150 | Improve |
| 82 | 1255761 | 60 | M | Unemployed | 3 | 4 | 175 | IBS-D | Severe | 4 | Watery, Porridge | Yes | Yes | Yes | Yes | Yes | No | Spicy, fatty food, coffee | No | 30 | Moderate to Severe | 15 | Moderate | No | No | 310 | Worsen |
| 83 | 1245507 | 55 | M | Skilled | 4 | 4 | 325 | IBS-M | Severe | 5 | Hard, Porridge | Yes | Yes | Yes | Yes | No | Yes | Fatty food, coffee,spicy food | No | 19 | Mild to Moderate | 17 | Moderate | No | No | 300 | Improve |
| 84 | 1244877 | 65 | F | Unemployed | 5 | 3 | 180 | IBS-D | Mild | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, tea | No | 0 | No | 0 | No | No | No | 250 | No |
| 85 | 1245899 | 60 | F | Clerical / Shop | 4 | 4 | 270 | IBS-D | Moderate | 3 | Watery, | No | Yes | No | Yes | Yes | Yes | Fatty food, Milk , Spicy food | No | 28 | Moderate to Severe | 12 | Mild | No | No | 200 | No |
| 86 | 1245578 | 55 | M | Semiprofessional | 3 | 5 | 200 | IBS-M | Moderate | 4 | Watery, Rabbit pellet like | No | Yes | No | Yes | Yes | No | Fatty food, Spicy | No | 29 | Moderate to Severe | 15 | Moderate | No | IBS-D | 300 | No |
| 87 | 1246068 | 65 | M | Unemployed | 4 | 3 | 175 | IBS-C | Mild | 2 | String like , Hard | No | Yes | Yes | Yes | Yes | Yes | Fatty food,spicy,coffee | No | 0 | No | 0 | No | No | No | 180 | Worsen |
| 88 | 1246048 | 57 | M | Unemployed | 5 | 4 | 260 | IBS-M | Moderate | 4 | Hard, rabbit string, watery | No | Yes | Yes | Yes | Yes | Yes | Milk, Coffee, fatty food, spicy food | No | 19 | Mild to Moderate | 12 | Mild | No | No | 320 | Worsen |
| 89 | 1246063 | 18 | M | Unemployed | 4 | 3 | 160 | IBS-D | Mild | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, Coffee, Fatty food , spicy food , milk | No | 0 | No | 0 | No | No | IBS-M | 250 | Worsen |
| 90 | 1246199 | 60 | M | Unemployed | 4 | 5 | 300 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | milk, spicy food, coffee , fatty food | No | 28 | Moderate to Severe | 13 | Mild | No | No | 225 | No |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffee | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigation | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 47 | 1185402 | 19 | F | Unemployed | 9 | 6 | 275 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | No | Yes | Yes | Yes | Milk, Tea, Fatty food, | No | 23 | Moderate to Severe | 0 | No | No | No | 225 | No | 22 |
| 48 | 1191772 | 65 | M | Unemployed | 7 | 5 | 350 | IBS-M | Severe | 3 | Watery, Hard | No | Yes | No | Yes | Yes | Yes | Banana, Fatty food | No | 36 | Severe | 14 | Moderate | No | No | 300 | Improve | 16 |
| 49 | 1191697 | 43 | M | Skilled | 8 | 6 | 300 | IBS-D | Severe | 4 | Watery, Porridge | No | Yes | No | Yes | Yes | No | Fatty food, Spicy food | No | 45 | Severe | 19 | Severe | No | No | 325 | Worsen | 25 |
| 50 | 1191752 | 61 | F | Unemployed | 6 | 4 | 275 | IBS-M | Moderate | 2 | Hard, Watery | No | Yes | Yes | No | No | Yes | Banana, Nuts | No | 20 | Mild to | 0 | No | No | IBS-D | 280 | No | 15 |
| 51 | 1190714 | 38 | M | Professional | 5 | 6 | 80 | IBS-C | Mild | 3 | Hard,String like | No | Yes | Yes | Yes | Yes | No | Fatty food, Fruits, Spicy | Alcohol | 0 | No | 13 | Mild | No | No | 100 | No | 0 |
| 52 | 1191728 | 60 | M | Unemployed | 4 | 5 | 325 | IBS-D | Severe | 3 | Watery | No | Yes | Yes | Yes | No | Yes | Milk, fatty food | No | 28 | Moderate to Severe | 14 | Moderate | No | No | 300 | Improve | 12 |
| 53 | 1192378 | 44 | F | Semiprofessional | 5 | 3 | 250 | IBS-M | Moderate | 4 | Porridge like | No | Yes | No | No | No | Yes | Spicy food, juices | No | 20 | Mild to | 0 | No | No | No | 280 | No | 21 |
| 54 | 1192026 | 65 | M | Unemployed | 7 | 4 | 360 | IBS-D | Severe | 5 | Watery | No | Yes | No | No | No | Yes | Tea | No | 22 | Mild to | 20 | Severe | No | IBS-M | 350 | No | 18 |
| 55 | 1192368 | 25 | F | Unemployed | 6 | 5 | 225 | IBS-M | Moderate | 2 | Watery, Hard | No | Yes | No | Yes | Yes | Yes | Tea, Fatty food, Spicy food | No | 45 | Severe | 15 | Moderate | No | No | 260 | No | 22 |
| 56 | 1279346 | 19 | M | Unemployed | 7 | 6 | 325 | IBS-D | Severe | 3 | Watery , Porridge | No | Yes | No | Yes | Yes | Yes | Tea, Milk | No | 22 | Mild to Moderate | 20 | Severe | No | No | 360 | No | 18 |
| 57 | 1279278 | 37 | M | Semiskilled | 5 | 4 | 350 | IBS-M | Severe | 4 | Watery , hard | No | No | No | Yes | No | No | Spicy food, Milk. Tea | No | 0 | No | 12 | Mild | No | No | 280 | Improve | 0 |
| 58 | 1278726 | 26 | F | Skilled | 3 | 3 | 300 | IBS-M | Moderate | 5 | Watery, Rabbit pellet like | No | Yes | No | Yes | No | No | Milk, Spicy food, Tea | No | 26 | Moderate to Severe | 13 | Mild | No | No | 325 | Worsen | 24 |
| 59 | 331329 | 61 | F | Unemployed | 4 | 3 | 275 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | Yes | No | No | Yes | Milk, Tea | No | 29 | Moderate to Severe | 17 | Moderate | No | No | 300 | No | 21 |
| 60 | 1279758 | 50 | M | Skilled | 3 | 4 | 180 | IBS-M | Moderate | 3 | Watery, hard | No | No | Yes | Yes | No | Yes | Milk, Coffee | No | 19 | Mild to | 15 | Moderate | No | No | 250 | No | 16 |
| 61 | 1280073 | 49 | M | Skilled | 4 | 3 | 325 | IBS-D | Severe | 5 | Watery, Porridge | No | Yes | Yes | No | Yes | Yes | Milk, tea, spicy , fatty food | No | 23 | Mild to Moderate | 17 | Moderate | No | No | 300 | Improve | 16 |
| 62 | 1280708 | 65 | M | Unemployed | 5 | 4 | 350 | IBS-M | Severe | 4 | Porridge, Rabbit pellet | No | Yes | Yes | Yes | No | No | Tea, spicy | No | 36 | Severe | 18 | Moderate | No | No | 250 | Improve | 12 |
| 63 | 1279945 | 52 | M | Semiprofessional | 6 | 3 | 280 | IBS-M | Moderate | 6 | Watery, hard | No | Yes | Yes | Yes | Yes | Yes | Tea, milk, spicy | No | 20 | Mild to | 17 | Moderate | No | No | 310 | Worsen | 24 |
| 64 | 1280599 | 58 | F | Unemployed | 5 | 3 | 300 | IBS-D | Severe | 5 | Watery, Porridge | No | Yes | Yes | Yes | No | Yes | Tea, spicy, fatty food | No | 22 | Mild to Moderate | 15 | Moderate | No | IBS-M | 316 | Worsen | 24 |
| 65 | 273547 | 19 | M | Unemployed | 6 | 5 | 325 | IBS-M | Severe | 5 | Watery | No | Yes | Yes | Yes | No | Yes | Tea, Coffee, Juices | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 310 | No | 20 |
| 66 | 1277970 | 62 | F | Unemployed | 5 | 6 | 225 | IBS-D | Moderate | 4 | Watery, Porridge | No | No | Yes | No | No | Yes | Milk, tea, coffee | No | 28 | Moderate to Severe | 17 | Moderate | No | No | 320 | Worsen | 24 |
| 67 | 1277992 | 64 | M | Semiskilled | 7 | 5 | 320 | IBS-M | Severe | 6 | Watery, Porridge | No | Yes | Yes | Yes | No | Yes | Milk, tea | No | 45 | Severe | 17 | Moderate | No | No | 290 | Improve | 18 |
| 68 | 1278019 | 22 | M | Unemployed | 8 | 6 | 280 | IBS-M | Moderate | 4 | watery | No | Yes | Yes | Yes | No | No | milk, fatty food | No | 18 | Mild to | 9 | Mild | No | No | 350 | Worsen | 24 |
| 69 | 1278036 | 50 | F | Unemployed | 6 | 5 | 290 | IBS-M | Moderate | 3 | String like, Porridge | No | Yes | Yes | No | No | Yes | Spicy, fatty food, milk , tea , coffee | No | 19 | Mild to Moderate | 10 | Mild | No | No | 280 | No | 22 |
| 70 | 1278690 | 65 | M | Unemployed | 3 | 3 | 350 | IBS-D | Severe | 6 | Watery | No | Yes | No | No | No | Yes | milk, tea | No | 28 | Moderate to Severe | 15 | Moderate | No | No | 300 | Improve | 9 |
| 71 | 1278736 | 59 | F | Clerical / Shop | 6 | 2 | 280 | IBS-M | Moderate | 5 | Watery, hard | No | Yes | Yes | No | Yes | Yes | Milk, spicy food , tea | No | 50 | Severe | 12 | Mild | No | No | 310 | Worsen | 24 |
| 72 | 1278679 | 55 | M | Semiprofessional | 5 | 3 | 150 | IBS-M | Mild | 3 | Watery, porridge, pellets | No | Yes | Yes | No | Yes | Yes | Spicy, Fatty, sugary, Milk | No | 20 | Mild to Moderate | 14 | Moderate | No | No | 200 | Worsen | 25 |
| 73 | 1240824 | 54 | F | Unemployed | 3 | 5 | 280 | IBS-M | Moderate | 5 | watery , Porridge | No | Yes | Yes | No | Yes | Yes | Milk, spicy, fatty food | No | 45 | Severe | 18 | Moderate | No | No | 310 | Worsen | 25 |
| 74 | 1253228 | 62 | M | Clerical / Shop | 3 | 4 | 200 | IBS-M | Moderate | 4 | Mushy | No | Yes | Yes | No | Yes | Yes | Spicy food, Fatty food, Sugary | No | 20 | Mild to Moderate | 16 | Moderate | No | No | 250 | No | 19 |
| 75 | 1254056 | 59 | F | Skilled | 4 | 5 | 300 | IBS-D | Severe | 5 | Mushy | No | Yes | Yes | No | Yes | Yes | Fatty food, Excessive food | No | 35 | Severe | 18 | Moderate | No | IBS-M | 310 | Worsen | 26 |
| 76 | 1253323 | 62 | M | Unemployed | 3 | 4 | 275 | IBS-M | Moderate | 4 | Porridge | No | Yes | Yes | Yes | Yes | No | Tea,spicy food | No | 22 | Mild to Moderate | 17 | Moderate | No | IBS-D | 280 | No | 21 |
| 77 | 1254946 | 65 | M | Clerical / Shop | 3 | 3 | 350 | IBS-C | Severe | 3 | Hard | No | No | Yes | No | Yes | No | tea, milk, spicy food | No | 23 | Mild to | 18 | Moderate | No | No | 180 | Improve | 12 |
| 78 | 1255059 | 55 | M | Unemployed | 5 | 4 | 220 | IBS-M | Moderate | 4 | Hard, Porridge like | No | Yes | Yes | Yes | No | Yes | Tea, coffee, fatty food | No | 27 | Moderate to Severe | 17 | Moderate | No | No | 290 | No | 21 |
| 79 | 1170331 | 63 | M | Clerical / Shop | 4 | 3 | 175 | IBS-C | Mild | 2 | Hard, String like | No | Yes | Yes | Yes | Yes | Yes | Milk, spicy | No | 20 | Mild to Moderate | 16 | Moderate | No | No | 280 | Worsen | 26 |
| 80 | 1255099 | 38 | M | Clerical / Shop | 5 | 4 | 275 | IBS-D | Moderate | 4 | Porridge, Watery | No | Yes | Yes | Yes | Yes | Yes | Coffee, tea, spicy food | No | 22 | Mild to Moderate | 18 | Moderate | No | No | 310 | Worsen | 26 |
| 81 | 1255724 | 20 | F | Unemployed | 4 | 3 | 250 | IBS-M | Moderate | 3 | Watery, String like | No | Yes | Yes | Yes | No | Yes | Milk,coffee, spicy, fatty food | No | 0 | No | 13 | Mild | No | No | 150 | Improve | 0 |
| 82 | 1255761 | 60 | M | Unemployed | 3 | 4 | 175 | IBS-D | Severe | 4 | Watery, Porridge | Yes | Yes | Yes | Yes | Yes | No | Spicy, fatty food, coffee | No | 30 | Moderate to Severe | 15 | Moderate | No | No | 310 | Worsen | 25 |
| 83 | 1245507 | 55 | M | Skilled | 4 | 4 | 325 | IBS-M | Severe | 5 | Hard, Porridge | Yes | Yes | Yes | Yes | No | Yes | Fatty food, coffee,spicy food | No | 19 | Mild to Moderate | 17 | Moderate | No | No | 300 | Improve | 12 |
| 84 | 1244877 | 65 | F | Unemployed | 5 | 3 | 180 | IBS-D | Mild | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, tea | No | 0 | No | 0 | No | No | No | 250 | No | 0 |
| 85 | 1245899 | 60 | F | Clerical / Shop | 4 | 4 | 270 | IBS-D | Moderate | 3 | Watery, | No | Yes | No | Yes | Yes | Yes | Fatty food, Milk , Spicy food | No | 28 | Moderate to Severe | 12 | Mild | No | No | 200 | No | 15 |
| 86 | 1245578 | 55 | M | Semiprofessional | 3 | 5 | 200 | IBS-M | Moderate | 4 | Watery, Rabbit pellet like | No | Yes | No | Yes | Yes | No | Fatty food, Spicy | No | 29 | Moderate to Severe | 15 | Moderate | No | IBS-D | 300 | No | 12 |
| 87 | 1246068 | 65 | M | Unemployed | 4 | 3 | 175 | IBS-C | Mild | 2 | String like , Hard | No | Yes | Yes | Yes | Yes | Yes | Fatty food,spicy,coffee | No | 0 | No | 0 | No | No | No | 180 | Worsen | 15 |
| 88 | 1246048 | 57 | M | Unemployed | 5 | 4 | 260 | IBS-M | Moderate | 4 | Hard, rabbit string, watery | No | Yes | Yes | Yes | Yes | Yes | Milk, Coffee, fatty food, spicy food | No | 19 | Mild to Moderate | 12 | Mild | No | No | 320 | Worsen | 24 |
| 89 | 1246063 | 18 | M | Unemployed | 4 | 3 | 160 | IBS-D | Mild | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, Coffee, Fatty food , spicy food , milk | No | 0 | No | 0 | No | No | IBS-M | 250 | Worsen | 12 |
| 90 | 1246199 | 60 | M | Unemployed | 4 | 5 | 300 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | milk, spicy food, coffee , fatty food | No | 28 | Moderate to Severe | 13 | Mild | No | No | 225 | No | 21 |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Follow up HA D scor |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 47 | 1185402 | 19 | F | Unemployed | 9 | 6 | 275 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | No | Yes | Yes | Yes | Milk, Tea, Fatty food, | No | 23 | Moderate to Severe | 0 | No | No | No | 225 | No | 22 | 0 |
| 48 | 1191772 | 65 | M | Unemployed | 7 | 5 | 350 | IBS-M | Severe | 3 | Watery, Hard | No | Yes | No | Yes | Yes | Yes | Banana, Fatty food | No | 36 | Severe | 14 | Moderate | No | No | 300 | Improve | 16 | 15 |
| 49 | 1191697 | 43 | M | Skilled | 8 | 6 | 300 | IBS-D | Severe | 4 | Watery, Porridge | No | Yes | No | Yes | Yes | No | Fatty food, Spicy food | No | 45 | Severe | 19 | Severe | No | No | 325 | Worsen | 25 | 20 |
| 50 | 1191752 | 61 | F | Unemployed | 6 | 4 | 275 | IBS-M | Moderate | 2 | Hard, Watery | No | Yes | Yes | No | No | Yes | Banana, Nuts | No | 20 | Mild to | 0 | No | No | IBS-D | 280 | No | 15 | 0 |
| 51 | 1190714 | 38 | M | Professional | 5 | 6 | 80 | IBS-C | Mild | 3 | Hard,String like | No | Yes | Yes | Yes | Yes | No | Fatty food, Fruits, Spicy | Alcohol | 0 | No | 13 | Mild | No | No | 100 | No | 0 | 11 |
| 52 | 1191728 | 60 | M | Unemployed | 4 | 5 | 325 | IBS-D | Severe | 3 | Watery | No | Yes | Yes | Yes | No | Yes | Milk, fatty food | No | 28 | Moderate to Severe | 14 | Moderate | No | No | 300 | Improve | 12 | 11 |
| 53 | 1192378 | 44 | F | Semiprofessional | 5 | 3 | 250 | IBS-M | Moderate | 4 | Porridge like | No | Yes | No | No | No | Yes | Spicy food, juices | No | 20 | Mild to | 0 | No | No | No | 280 | No | 21 | 0 |
| 54 | 1192026 | 65 | M | Unemployed | 7 | 4 | 360 | IBS-D | Severe | 5 | Watery | No | Yes | No | No | No | Yes | Tea | No | 22 | Mild to | 20 | Severe | No | IBS-M | 350 | No | 18 | 11 |
| 55 | 1192368 | 25 | F | Unemployed | 6 | 5 | 225 | IBS-M | Moderate | 2 | Watery, Hard | No | Yes | No | Yes | Yes | Yes | Tea, Fatty food, Spicy food | No | 45 | Severe | 15 | Moderate | No | No | 260 | No | 22 | 16 |
| 56 | 1279346 | 19 | M | Unemployed | 7 | 6 | 325 | IBS-D | Severe | 3 | Watery , Porridge | No | Yes | No | Yes | Yes | Yes | Tea, Milk | No | 22 | Mild to Moderate | 20 | Severe | No | No | 360 | No | 18 | 18 |
| 57 | 1279278 | 37 | M | Semiskilled | 5 | 4 | 350 | IBS-M | Severe | 4 | Watery , hard | No | No | No | Yes | No | No | Spicy food, Milk. Tea | No | 0 | No | 12 | Mild | No | No | 280 | Improve | 0 | 11 |
| 58 | 1278726 | 26 | F | Skilled | 3 | 3 | 300 | IBS-M | Moderate | 5 | Watery, Rabbit pellet like | No | Yes | No | Yes | No | No | Milk, Spicy food, Tea | No | 26 | Moderate to Severe | 13 | Mild | No | No | 325 | Worsen | 24 | 12 |
| 59 | 331329 | 61 | F | Unemployed | 4 | 3 | 275 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | Yes | No | No | Yes | Milk, Tea | No | 29 | Moderate to Severe | 17 | Moderate | No | No | 300 | No | 21 | 15 |
| 60 | 1279758 | 50 | M | Skilled | 3 | 4 | 180 | IBS-M | Moderate | 3 | Watery, hard | No | No | Yes | Yes | No | Yes | Milk, Coffee | No | 19 | Mild to | 15 | Moderate | No | No | 250 | No | 16 | 12 |
| 61 | 1280073 | 49 | M | Skilled | 4 | 3 | 325 | IBS-D | Severe | 5 | Watery, Porridge | No | Yes | Yes | No | Yes | Yes | Milk, tea, spicy , fatty food | No | 23 | Mild to Moderate | 17 | Moderate | No | No | 300 | Improve | 16 | 12 |
| 62 | 1280708 | 65 | M | Unemployed | 5 | 4 | 350 | IBS-M | Severe | 4 | Porridge, Rabbit pellet | No | Yes | Yes | Yes | No | No | Tea, spicy | No | 36 | Severe | 18 | Moderate | No | No | 250 | Improve | 12 | 15 |
| 63 | 1279945 | 52 | M | Semiprofessional | 6 | 3 | 280 | IBS-M | Moderate | 6 | Watery, hard | No | Yes | Yes | Yes | Yes | Yes | Tea, milk, spicy | No | 20 | Mild to | 17 | Moderate | No | No | 310 | Worsen | 24 | 20 |
| 64 | 1280599 | 58 | F | Unemployed | 5 | 3 | 300 | IBS-D | Severe | 5 | Watery, Porridge | No | Yes | Yes | Yes | No | Yes | Tea, spicy, fatty food | No | 22 | Mild to Moderate | 15 | Moderate | No | IBS-M | 316 | Worsen | 24 | 18 |
| 65 | 273547 | 19 | M | Unemployed | 6 | 5 | 325 | IBS-M | Severe | 5 | Watery | No | Yes | Yes | Yes | No | Yes | Tea, Coffee, Juices | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 310 | No | 20 | 15 |
| 66 | 1277970 | 62 | F | Unemployed | 5 | 6 | 225 | IBS-D | Moderate | 4 | Watery, Porridge | No | No | Yes | No | No | Yes | Milk, tea, coffee | No | 28 | Moderate to Severe | 17 | Moderate | No | No | 320 | Worsen | 24 | 15 |
| 67 | 1277992 | 64 | M | Semiskilled | 7 | 5 | 320 | IBS-M | Severe | 6 | Watery, Porridge | No | Yes | Yes | Yes | No | Yes | Milk, tea | No | 45 | Severe | 17 | Moderate | No | No | 290 | Improve | 18 | 12 |
| 68 | 1278019 | 22 | M | Unemployed | 8 | 6 | 280 | IBS-M | Moderate | 4 | watery | No | Yes | Yes | Yes | No | No | milk, fatty food | No | 18 | Mild to | 9 | Mild | No | No | 350 | Worsen | 24 | 14 |
| 69 | 1278036 | 50 | F | Unemployed | 6 | 5 | 290 | IBS-M | Moderate | 3 | String like, Porridge | No | Yes | Yes | No | No | Yes | Spicy, fatty food, milk , tea , coffee | No | 19 | Mild to Moderate | 10 | Mild | No | No | 280 | No | 22 | 12 |
| 70 | 1278690 | 65 | M | Unemployed | 3 | 3 | 350 | IBS-D | Severe | 6 | Watery | No | Yes | No | No | No | Yes | milk, tea | No | 28 | Moderate to Severe | 15 | Moderate | No | No | 300 | Improve | 9 | 12 |
| 71 | 1278736 | 59 | F | Clerical / Shop | 6 | 2 | 280 | IBS-M | Moderate | 5 | Watery, hard | No | Yes | Yes | No | Yes | Yes | Milk, spicy food , tea | No | 50 | Severe | 12 | Mild | No | No | 310 | Worsen | 24 | 15 |
| 72 | 1278679 | 55 | M | Semiprofessional | 5 | 3 | 150 | IBS-M | Mild | 3 | Watery, porridge, pellets | No | Yes | Yes | No | Yes | Yes | Spicy, Fatty, sugary, Milk | No | 20 | Mild to Moderate | 14 | Moderate | No | No | 200 | Worsen | 25 | 19 |
| 73 | 1240824 | 54 | F | Unemployed | 3 | 5 | 280 | IBS-M | Moderate | 5 | watery , Porridge | No | Yes | Yes | No | Yes | Yes | Milk, spicy, fatty food | No | 45 | Severe | 18 | Moderate | No | No | 310 | Worsen | 25 | 19 |
| 74 | 1253228 | 62 | M | Clerical / Shop | 3 | 4 | 200 | IBS-M | Moderate | 4 | Mushy | No | Yes | Yes | No | Yes | Yes | Spicy food, Fatty food, Sugary | No | 20 | Mild to Moderate | 16 | Moderate | No | No | 250 | No | 19 | 14 |
| 75 | 1254056 | 59 | F | Skilled | 4 | 5 | 300 | IBS-D | Severe | 5 | Mushy | No | Yes | Yes | No | Yes | Yes | Fatty food, Excessive food | No | 35 | Severe | 18 | Moderate | No | IBS-M | 310 | Worsen | 26 | 19 |
| 76 | 1253323 | 62 | M | Unemployed | 3 | 4 | 275 | IBS-M | Moderate | 4 | Porridge | No | Yes | Yes | Yes | Yes | No | Tea,spicy food | No | 22 | Mild to Moderate | 17 | Moderate | No | IBS-D | 280 | No | 21 | 12 |
| 77 | 1254946 | 65 | M | Clerical / Shop | 3 | 3 | 350 | IBS-C | Severe | 3 | Hard | No | No | Yes | No | Yes | No | tea, milk, spicy food | No | 23 | Mild to | 18 | Moderate | No | No | 180 | Improve | 12 | 11 |
| 78 | 1255059 | 55 | M | Unemployed | 5 | 4 | 220 | IBS-M | Moderate | 4 | Hard, Porridge like | No | Yes | Yes | Yes | No | Yes | Tea, coffee, fatty food | No | 27 | Moderate to Severe | 17 | Moderate | No | No | 290 | No | 21 | 19 |
| 79 | 1170331 | 63 | M | Clerical / Shop | 4 | 3 | 175 | IBS-C | Mild | 2 | Hard, String like | No | Yes | Yes | Yes | Yes | Yes | Milk, spicy | No | 20 | Mild to Moderate | 16 | Moderate | No | No | 280 | Worsen | 26 | 24 |
| 80 | 1255099 | 38 | M | Clerical / Shop | 5 | 4 | 275 | IBS-D | Moderate | 4 | Porridge, Watery | No | Yes | Yes | Yes | Yes | Yes | Coffee, tea, spicy food | No | 22 | Mild to Moderate | 18 | Moderate | No | No | 310 | Worsen | 26 | 26 |
| 81 | 1255724 | 20 | F | Unemployed | 4 | 3 | 250 | IBS-M | Moderate | 3 | Watery, String like | No | Yes | Yes | Yes | No | Yes | Milk,coffee, spicy, fatty food | No | 0 | No | 13 | Mild | No | No | 150 | Improve | 0 | 12 |
| 82 | 1255761 | 60 | M | Unemployed | 3 | 4 | 175 | IBS-D | Severe | 4 | Watery, Porridge | Yes | Yes | Yes | Yes | Yes | No | Spicy, fatty food, coffee | No | 30 | Moderate to Severe | 15 | Moderate | No | No | 310 | Worsen | 25 | 19 |
| 83 | 1245507 | 55 | M | Skilled | 4 | 4 | 325 | IBS-M | Severe | 5 | Hard, Porridge | Yes | Yes | Yes | Yes | No | Yes | Fatty food, coffee,spicy food | No | 19 | Mild to Moderate | 17 | Moderate | No | No | 300 | Improve | 12 | 10 |
| 84 | 1244877 | 65 | F | Unemployed | 5 | 3 | 180 | IBS-D | Mild | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, tea | No | 0 | No | 0 | No | No | No | 250 | No | 0 | 0 |
| 85 | 1245899 | 60 | F | Clerical / Shop | 4 | 4 | 270 | IBS-D | Moderate | 3 | Watery, | No | Yes | No | Yes | Yes | Yes | Fatty food, Milk , Spicy food | No | 28 | Moderate to Severe | 12 | Mild | No | No | 200 | No | 15 | 11 |
| 86 | 1245578 | 55 | M | Semiprofessional | 3 | 5 | 200 | IBS-M | Moderate | 4 | Watery, Rabbit pellet like | No | Yes | No | Yes | Yes | No | Fatty food, Spicy | No | 29 | Moderate to Severe | 15 | Moderate | No | IBS-D | 300 | No | 12 | 13 |
| 87 | 1246068 | 65 | M | Unemployed | 4 | 3 | 175 | IBS-C | Mild | 2 | String like , Hard | No | Yes | Yes | Yes | Yes | Yes | Fatty food,spicy,coffee | No | 0 | No | 0 | No | No | No | 180 | Worsen | 15 | 16 |
| 88 | 1246048 | 57 | M | Unemployed | 5 | 4 | 260 | IBS-M | Moderate | 4 | Hard, rabbit string, watery | No | Yes | Yes | Yes | Yes | Yes | Milk, Coffee, fatty food, spicy food | No | 19 | Mild to Moderate | 12 | Mild | No | No | 320 | Worsen | 24 | 19 |
| 89 | 1246063 | 18 | M | Unemployed | 4 | 3 | 160 | IBS-D | Mild | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, Coffee, Fatty food , spicy food , milk | No | 0 | No | 0 | No | No | IBS-M | 250 | Worsen | 12 | 2 |
| 90 | 1246199 | 60 | M | Unemployed | 4 | 5 | 300 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | milk, spicy food, coffee , fatty food | No | 28 | Moderate to Severe | 13 | Mild | No | No | 225 | No | 21 | 16 |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Chang severit anxiet |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 47 | 1185402 | 19 | F | Unemployed | 9 | 6 | 275 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | No | Yes | Yes | Yes | Milk, Tea, Fatty food, | No | 23 | Moderate to Severe | 0 | No | No | No | 225 | No | 22 | No |
| 48 | 1191772 | 65 | M | Unemployed | 7 | 5 | 350 | IBS-M | Severe | 3 | Watery, Hard | No | Yes | No | Yes | Yes | Yes | Banana, Fatty food | No | 36 | Severe | 14 | Moderate | No | No | 300 | Improve | 16 | Improv |
| 49 | 1191697 | 43 | M | Skilled | 8 | 6 | 300 | IBS-D | Severe | 4 | Watery, Porridge | No | Yes | No | Yes | Yes | No | Fatty food, Spicy food | No | 45 | Severe | 19 | Severe | No | No | 325 | Worsen | 25 | No |
| 50 | 1191752 | 61 | F | Unemployed | 6 | 4 | 275 | IBS-M | Moderate | 2 | Hard, Watery | No | Yes | Yes | No | No | Yes | Banana, Nuts | No | 20 | Mild to | 0 | No | No | IBS-D | 280 | No | 15 | No |
| 51 | 1190714 | 38 | M | Professional | 5 | 6 | 80 | IBS-C | Mild | 3 | Hard,String like | No | Yes | Yes | Yes | Yes | No | Fatty food, Fruits, Spicy | Alcohol | 0 | No | 13 | Mild | No | No | 100 | No | 0 | No |
| 52 | 1191728 | 60 | M | Unemployed | 4 | 5 | 325 | IBS-D | Severe | 3 | Watery | No | Yes | Yes | Yes | No | Yes | Milk, fatty food | No | 28 | Moderate to Severe | 14 | Moderate | No | No | 300 | Improve | 12 | Improv |
| 53 | 1192378 | 44 | F | Semiprofessional | 5 | 3 | 250 | IBS-M | Moderate | 4 | Porridge like | No | Yes | No | No | No | Yes | Spicy food, juices | No | 20 | Mild to | 0 | No | No | No | 280 | No | 21 | No |
| 54 | 1192026 | 65 | M | Unemployed | 7 | 4 | 360 | IBS-D | Severe | 5 | Watery | No | Yes | No | No | No | Yes | Tea | No | 22 | Mild to | 20 | Severe | No | IBS-M | 350 | No | 18 | No |
| 55 | 1192368 | 25 | F | Unemployed | 6 | 5 | 225 | IBS-M | Moderate | 2 | Watery, Hard | No | Yes | No | Yes | Yes | Yes | Tea, Fatty food, Spicy food | No | 45 | Severe | 15 | Moderate | No | No | 260 | No | 22 | No |
| 56 | 1279346 | 19 | M | Unemployed | 7 | 6 | 325 | IBS-D | Severe | 3 | Watery , Porridge | No | Yes | No | Yes | Yes | Yes | Tea, Milk | No | 22 | Mild to Moderate | 20 | Severe | No | No | 360 | No | 18 | No |
| 57 | 1279278 | 37 | M | Semiskilled | 5 | 4 | 350 | IBS-M | Severe | 4 | Watery , hard | No | No | No | Yes | No | No | Spicy food, Milk. Tea | No | 0 | No | 12 | Mild | No | No | 280 | Improve | 0 | No |
| 58 | 1278726 | 26 | F | Skilled | 3 | 3 | 300 | IBS-M | Moderate | 5 | Watery, Rabbit pellet like | No | Yes | No | Yes | No | No | Milk, Spicy food, Tea | No | 26 | Moderate to Severe | 13 | Mild | No | No | 325 | Worsen | 24 | Worse |
| 59 | 331329 | 61 | F | Unemployed | 4 | 3 | 275 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | Yes | No | No | Yes | Milk, Tea | No | 29 | Moderate to Severe | 17 | Moderate | No | No | 300 | No | 21 | No |
| 60 | 1279758 | 50 | M | Skilled | 3 | 4 | 180 | IBS-M | Moderate | 3 | Watery, hard | No | No | Yes | Yes | No | Yes | Milk, Coffee | No | 19 | Mild to | 15 | Moderate | No | No | 250 | No | 16 | No |
| 61 | 1280073 | 49 | M | Skilled | 4 | 3 | 325 | IBS-D | Severe | 5 | Watery, Porridge | No | Yes | Yes | No | Yes | Yes | Milk, tea, spicy , fatty food | No | 23 | Mild to Moderate | 17 | Moderate | No | No | 300 | Improve | 16 | Improv |
| 62 | 1280708 | 65 | M | Unemployed | 5 | 4 | 350 | IBS-M | Severe | 4 | Porridge, Rabbit pellet | No | Yes | Yes | Yes | No | No | Tea, spicy | No | 36 | Severe | 18 | Moderate | No | No | 250 | Improve | 12 | Improv |
| 63 | 1279945 | 52 | M | Semiprofessional | 6 | 3 | 280 | IBS-M | Moderate | 6 | Watery, hard | No | Yes | Yes | Yes | Yes | Yes | Tea, milk, spicy | No | 20 | Mild to | 17 | Moderate | No | No | 310 | Worsen | 24 | Worse |
| 64 | 1280599 | 58 | F | Unemployed | 5 | 3 | 300 | IBS-D | Severe | 5 | Watery, Porridge | No | Yes | Yes | Yes | No | Yes | Tea, spicy, fatty food | No | 22 | Mild to Moderate | 15 | Moderate | No | IBS-M | 316 | Worsen | 24 | Worse |
| 65 | 273547 | 19 | M | Unemployed | 6 | 5 | 325 | IBS-M | Severe | 5 | Watery | No | Yes | Yes | Yes | No | Yes | Tea, Coffee, Juices | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 310 | No | 20 | No |
| 66 | 1277970 | 62 | F | Unemployed | 5 | 6 | 225 | IBS-D | Moderate | 4 | Watery, Porridge | No | No | Yes | No | No | Yes | Milk, tea, coffee | No | 28 | Moderate to Severe | 17 | Moderate | No | No | 320 | Worsen | 24 | Worse |
| 67 | 1277992 | 64 | M | Semiskilled | 7 | 5 | 320 | IBS-M | Severe | 6 | Watery, Porridge | No | Yes | Yes | Yes | No | Yes | Milk, tea | No | 45 | Severe | 17 | Moderate | No | No | 290 | Improve | 18 | Improv |
| 68 | 1278019 | 22 | M | Unemployed | 8 | 6 | 280 | IBS-M | Moderate | 4 | watery | No | Yes | Yes | Yes | No | No | milk, fatty food | No | 18 | Mild to | 9 | Mild | No | No | 350 | Worsen | 24 | Worse |
| 69 | 1278036 | 50 | F | Unemployed | 6 | 5 | 290 | IBS-M | Moderate | 3 | String like, Porridge | No | Yes | Yes | No | No | Yes | Spicy, fatty food, milk , tea , coffee | No | 19 | Mild to Moderate | 10 | Mild | No | No | 280 | No | 22 | No |
| 70 | 1278690 | 65 | M | Unemployed | 3 | 3 | 350 | IBS-D | Severe | 6 | Watery | No | Yes | No | No | No | Yes | milk, tea | No | 28 | Moderate to Severe | 15 | Moderate | No | No | 300 | Improve | 9 | Improv |
| 71 | 1278736 | 59 | F | Clerical / Shop | 6 | 2 | 280 | IBS-M | Moderate | 5 | Watery, hard | No | Yes | Yes | No | Yes | Yes | Milk, spicy food , tea | No | 50 | Severe | 12 | Mild | No | No | 310 | Worsen | 24 | Worse |
| 72 | 1278679 | 55 | M | Semiprofessional | 5 | 3 | 150 | IBS-M | Mild | 3 | Watery, porridge, pellets | No | Yes | Yes | No | Yes | Yes | Spicy, Fatty, sugary, Milk | No | 20 | Mild to Moderate | 14 | Moderate | No | No | 200 | Worsen | 25 | Worse |
| 73 | 1240824 | 54 | F | Unemployed | 3 | 5 | 280 | IBS-M | Moderate | 5 | watery , Porridge | No | Yes | Yes | No | Yes | Yes | Milk, spicy, fatty food | No | 45 | Severe | 18 | Moderate | No | No | 310 | Worsen | 25 | Worse |
| 74 | 1253228 | 62 | M | Clerical / Shop | 3 | 4 | 200 | IBS-M | Moderate | 4 | Mushy | No | Yes | Yes | No | Yes | Yes | Spicy food, Fatty food, Sugary | No | 20 | Mild to Moderate | 16 | Moderate | No | No | 250 | No | 19 | No |
| 75 | 1254056 | 59 | F | Skilled | 4 | 5 | 300 | IBS-D | Severe | 5 | Mushy | No | Yes | Yes | No | Yes | Yes | Fatty food, Excessive food | No | 35 | Severe | 18 | Moderate | No | IBS-M | 310 | Worsen | 26 | No |
| 76 | 1253323 | 62 | M | Unemployed | 3 | 4 | 275 | IBS-M | Moderate | 4 | Porridge | No | Yes | Yes | Yes | Yes | No | Tea,spicy food | No | 22 | Mild to Moderate | 17 | Moderate | No | IBS-D | 280 | No | 21 | No |
| 77 | 1254946 | 65 | M | Clerical / Shop | 3 | 3 | 350 | IBS-C | Severe | 3 | Hard | No | No | Yes | No | Yes | No | tea, milk, spicy food | No | 23 | Mild to | 18 | Moderate | No | No | 180 | Improve | 12 | Improv |
| 78 | 1255059 | 55 | M | Unemployed | 5 | 4 | 220 | IBS-M | Moderate | 4 | Hard, Porridge like | No | Yes | Yes | Yes | No | Yes | Tea, coffee, fatty food | No | 27 | Moderate to Severe | 17 | Moderate | No | No | 290 | No | 21 | No |
| 79 | 1170331 | 63 | M | Clerical / Shop | 4 | 3 | 175 | IBS-C | Mild | 2 | Hard, String like | No | Yes | Yes | Yes | Yes | Yes | Milk, spicy | No | 20 | Mild to Moderate | 16 | Moderate | No | No | 280 | Worsen | 26 | Worse |
| 80 | 1255099 | 38 | M | Clerical / Shop | 5 | 4 | 275 | IBS-D | Moderate | 4 | Porridge, Watery | No | Yes | Yes | Yes | Yes | Yes | Coffee, tea, spicy food | No | 22 | Mild to Moderate | 18 | Moderate | No | No | 310 | Worsen | 26 | Worse |
| 81 | 1255724 | 20 | F | Unemployed | 4 | 3 | 250 | IBS-M | Moderate | 3 | Watery, String like | No | Yes | Yes | Yes | No | Yes | Milk,coffee, spicy, fatty food | No | 0 | No | 13 | Mild | No | No | 150 | Improve | 0 | No |
| 82 | 1255761 | 60 | M | Unemployed | 3 | 4 | 175 | IBS-D | Severe | 4 | Watery, Porridge | Yes | Yes | Yes | Yes | Yes | No | Spicy, fatty food, coffee | No | 30 | Moderate to Severe | 15 | Moderate | No | No | 310 | Worsen | 25 | Worse |
| 83 | 1245507 | 55 | M | Skilled | 4 | 4 | 325 | IBS-M | Severe | 5 | Hard, Porridge | Yes | Yes | Yes | Yes | No | Yes | Fatty food, coffee,spicy food | No | 19 | Mild to Moderate | 17 | Moderate | No | No | 300 | Improve | 12 | Improv |
| 84 | 1244877 | 65 | F | Unemployed | 5 | 3 | 180 | IBS-D | Mild | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, tea | No | 0 | No | 0 | No | No | No | 250 | No | 0 | No |
| 85 | 1245899 | 60 | F | Clerical / Shop | 4 | 4 | 270 | IBS-D | Moderate | 3 | Watery, | No | Yes | No | Yes | Yes | Yes | Fatty food, Milk , Spicy food | No | 28 | Moderate to Severe | 12 | Mild | No | No | 200 | No | 15 | No |
| 86 | 1245578 | 55 | M | Semiprofessional | 3 | 5 | 200 | IBS-M | Moderate | 4 | Watery, Rabbit pellet like | No | Yes | No | Yes | Yes | No | Fatty food, Spicy | No | 29 | Moderate to Severe | 15 | Moderate | No | IBS-D | 300 | No | 12 | No |
| 87 | 1246068 | 65 | M | Unemployed | 4 | 3 | 175 | IBS-C | Mild | 2 | String like , Hard | No | Yes | Yes | Yes | Yes | Yes | Fatty food,spicy,coffee | No | 0 | No | 0 | No | No | No | 180 | Worsen | 15 | Worse |
| 88 | 1246048 | 57 | M | Unemployed | 5 | 4 | 260 | IBS-M | Moderate | 4 | Hard, rabbit string, watery | No | Yes | Yes | Yes | Yes | Yes | Milk, Coffee, fatty food, spicy food | No | 19 | Mild to Moderate | 12 | Mild | No | No | 320 | Worsen | 24 | Worse |
| 89 | 1246063 | 18 | M | Unemployed | 4 | 3 | 160 | IBS-D | Mild | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, Coffee, Fatty food , spicy food , milk | No | 0 | No | 0 | No | No | IBS-M | 250 | Worsen | 12 | Worse |
| 90 | 1246199 | 60 | M | Unemployed | 4 | 5 | 300 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | milk, spicy food, coffee , fatty food | No | 28 | Moderate to Severe | 13 | Mild | No | No | 225 | No | 21 | No |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Chang severit depres |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 47 | 1185402 | 19 | F | Unemployed | 9 | 6 | 275 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | No | Yes | Yes | Yes | Milk, Tea, Fatty food, | No | 23 | Moderate to Severe | 0 | No | No | No | 225 | No | 22 | No |
| 48 | 1191772 | 65 | M | Unemployed | 7 | 5 | 350 | IBS-M | Severe | 3 | Watery, Hard | No | Yes | No | Yes | Yes | Yes | Banana, Fatty food | No | 36 | Severe | 14 | Moderate | No | No | 300 | Improve | 16 | No |
| 49 | 1191697 | 43 | M | Skilled | 8 | 6 | 300 | IBS-D | Severe | 4 | Watery, Porridge | No | Yes | No | Yes | Yes | No | Fatty food, Spicy food | No | 45 | Severe | 19 | Severe | No | No | 325 | Worsen | 25 | No |
| 50 | 1191752 | 61 | F | Unemployed | 6 | 4 | 275 | IBS-M | Moderate | 2 | Hard, Watery | No | Yes | Yes | No | No | Yes | Banana, Nuts | No | 20 | Mild to | 0 | No | No | IBS-D | 280 | No | 15 | No |
| 51 | 1190714 | 38 | M | Professional | 5 | 6 | 80 | IBS-C | Mild | 3 | Hard,String like | No | Yes | Yes | Yes | Yes | No | Fatty food, Fruits, Spicy | Alcohol | 0 | No | 13 | Mild | No | No | 100 | No | 0 | No |
| 52 | 1191728 | 60 | M | Unemployed | 4 | 5 | 325 | IBS-D | Severe | 3 | Watery | No | Yes | Yes | Yes | No | Yes | Milk, fatty food | No | 28 | Moderate to Severe | 14 | Moderate | No | No | 300 | Improve | 12 | Improv |
| 53 | 1192378 | 44 | F | Semiprofessional | 5 | 3 | 250 | IBS-M | Moderate | 4 | Porridge like | No | Yes | No | No | No | Yes | Spicy food, juices | No | 20 | Mild to | 0 | No | No | No | 280 | No | 21 | No |
| 54 | 1192026 | 65 | M | Unemployed | 7 | 4 | 360 | IBS-D | Severe | 5 | Watery | No | Yes | No | No | No | Yes | Tea | No | 22 | Mild to | 20 | Severe | No | IBS-M | 350 | No | 18 | Improv |
| 55 | 1192368 | 25 | F | Unemployed | 6 | 5 | 225 | IBS-M | Moderate | 2 | Watery, Hard | No | Yes | No | Yes | Yes | Yes | Tea, Fatty food, Spicy food | No | 45 | Severe | 15 | Moderate | No | No | 260 | No | 22 | No |
| 56 | 1279346 | 19 | M | Unemployed | 7 | 6 | 325 | IBS-D | Severe | 3 | Watery , Porridge | No | Yes | No | Yes | Yes | Yes | Tea, Milk | No | 22 | Mild to Moderate | 20 | Severe | No | No | 360 | No | 18 | No |
| 57 | 1279278 | 37 | M | Semiskilled | 5 | 4 | 350 | IBS-M | Severe | 4 | Watery , hard | No | No | No | Yes | No | No | Spicy food, Milk. Tea | No | 0 | No | 12 | Mild | No | No | 280 | Improve | 0 | No |
| 58 | 1278726 | 26 | F | Skilled | 3 | 3 | 300 | IBS-M | Moderate | 5 | Watery, Rabbit pellet like | No | Yes | No | Yes | No | No | Milk, Spicy food, Tea | No | 26 | Moderate to Severe | 13 | Mild | No | No | 325 | Worsen | 24 | No |
| 59 | 331329 | 61 | F | Unemployed | 4 | 3 | 275 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | Yes | No | No | Yes | Milk, Tea | No | 29 | Moderate to Severe | 17 | Moderate | No | No | 300 | No | 21 | No |
| 60 | 1279758 | 50 | M | Skilled | 3 | 4 | 180 | IBS-M | Moderate | 3 | Watery, hard | No | No | Yes | Yes | No | Yes | Milk, Coffee | No | 19 | Mild to | 15 | Moderate | No | No | 250 | No | 16 | Improv |
| 61 | 1280073 | 49 | M | Skilled | 4 | 3 | 325 | IBS-D | Severe | 5 | Watery, Porridge | No | Yes | Yes | No | Yes | Yes | Milk, tea, spicy , fatty food | No | 23 | Mild to Moderate | 17 | Moderate | No | No | 300 | Improve | 16 | Improv |
| 62 | 1280708 | 65 | M | Unemployed | 5 | 4 | 350 | IBS-M | Severe | 4 | Porridge, Rabbit pellet | No | Yes | Yes | Yes | No | No | Tea, spicy | No | 36 | Severe | 18 | Moderate | No | No | 250 | Improve | 12 | Improv |
| 63 | 1279945 | 52 | M | Semiprofessional | 6 | 3 | 280 | IBS-M | Moderate | 6 | Watery, hard | No | Yes | Yes | Yes | Yes | Yes | Tea, milk, spicy | No | 20 | Mild to | 17 | Moderate | No | No | 310 | Worsen | 24 | Worse |
| 64 | 1280599 | 58 | F | Unemployed | 5 | 3 | 300 | IBS-D | Severe | 5 | Watery, Porridge | No | Yes | Yes | Yes | No | Yes | Tea, spicy, fatty food | No | 22 | Mild to Moderate | 15 | Moderate | No | IBS-M | 316 | Worsen | 24 | Worse |
| 65 | 273547 | 19 | M | Unemployed | 6 | 5 | 325 | IBS-M | Severe | 5 | Watery | No | Yes | Yes | Yes | No | Yes | Tea, Coffee, Juices | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 310 | No | 20 | No |
| 66 | 1277970 | 62 | F | Unemployed | 5 | 6 | 225 | IBS-D | Moderate | 4 | Watery, Porridge | No | No | Yes | No | No | Yes | Milk, tea, coffee | No | 28 | Moderate to Severe | 17 | Moderate | No | No | 320 | Worsen | 24 | No |
| 67 | 1277992 | 64 | M | Semiskilled | 7 | 5 | 320 | IBS-M | Severe | 6 | Watery, Porridge | No | Yes | Yes | Yes | No | Yes | Milk, tea | No | 45 | Severe | 17 | Moderate | No | No | 290 | Improve | 18 | Improv |
| 68 | 1278019 | 22 | M | Unemployed | 8 | 6 | 280 | IBS-M | Moderate | 4 | watery | No | Yes | Yes | Yes | No | No | milk, fatty food | No | 18 | Mild to | 9 | Mild | No | No | 350 | Worsen | 24 | Worse |
| 69 | 1278036 | 50 | F | Unemployed | 6 | 5 | 290 | IBS-M | Moderate | 3 | String like, Porridge | No | Yes | Yes | No | No | Yes | Spicy, fatty food, milk , tea , coffee | No | 19 | Mild to Moderate | 10 | Mild | No | No | 280 | No | 22 | No |
| 70 | 1278690 | 65 | M | Unemployed | 3 | 3 | 350 | IBS-D | Severe | 6 | Watery | No | Yes | No | No | No | Yes | milk, tea | No | 28 | Moderate to Severe | 15 | Moderate | No | No | 300 | Improve | 9 | Improv |
| 71 | 1278736 | 59 | F | Clerical / Shop | 6 | 2 | 280 | IBS-M | Moderate | 5 | Watery, hard | No | Yes | Yes | No | Yes | Yes | Milk, spicy food , tea | No | 50 | Severe | 12 | Mild | No | No | 310 | Worsen | 24 | Worse |
| 72 | 1278679 | 55 | M | Semiprofessional | 5 | 3 | 150 | IBS-M | Mild | 3 | Watery, porridge, pellets | No | Yes | Yes | No | Yes | Yes | Spicy, Fatty, sugary, Milk | No | 20 | Mild to Moderate | 14 | Moderate | No | No | 200 | Worsen | 25 | Worse |
| 73 | 1240824 | 54 | F | Unemployed | 3 | 5 | 280 | IBS-M | Moderate | 5 | watery , Porridge | No | Yes | Yes | No | Yes | Yes | Milk, spicy, fatty food | No | 45 | Severe | 18 | Moderate | No | No | 310 | Worsen | 25 | No |
| 74 | 1253228 | 62 | M | Clerical / Shop | 3 | 4 | 200 | IBS-M | Moderate | 4 | Mushy | No | Yes | Yes | No | Yes | Yes | Spicy food, Fatty food, Sugary | No | 20 | Mild to Moderate | 16 | Moderate | No | No | 250 | No | 19 | No |
| 75 | 1254056 | 59 | F | Skilled | 4 | 5 | 300 | IBS-D | Severe | 5 | Mushy | No | Yes | Yes | No | Yes | Yes | Fatty food, Excessive food | No | 35 | Severe | 18 | Moderate | No | IBS-M | 310 | Worsen | 26 | Worse |
| 76 | 1253323 | 62 | M | Unemployed | 3 | 4 | 275 | IBS-M | Moderate | 4 | Porridge | No | Yes | Yes | Yes | Yes | No | Tea,spicy food | No | 22 | Mild to Moderate | 17 | Moderate | No | IBS-D | 280 | No | 21 | Improv |
| 77 | 1254946 | 65 | M | Clerical / Shop | 3 | 3 | 350 | IBS-C | Severe | 3 | Hard | No | No | Yes | No | Yes | No | tea, milk, spicy food | No | 23 | Mild to | 18 | Moderate | No | No | 180 | Improve | 12 | Improv |
| 78 | 1255059 | 55 | M | Unemployed | 5 | 4 | 220 | IBS-M | Moderate | 4 | Hard, Porridge like | No | Yes | Yes | Yes | No | Yes | Tea, coffee, fatty food | No | 27 | Moderate to Severe | 17 | Moderate | No | No | 290 | No | 21 | Worse |
| 79 | 1170331 | 63 | M | Clerical / Shop | 4 | 3 | 175 | IBS-C | Mild | 2 | Hard, String like | No | Yes | Yes | Yes | Yes | Yes | Milk, spicy | No | 20 | Mild to Moderate | 16 | Moderate | No | No | 280 | Worsen | 26 | Worse |
| 80 | 1255099 | 38 | M | Clerical / Shop | 5 | 4 | 275 | IBS-D | Moderate | 4 | Porridge, Watery | No | Yes | Yes | Yes | Yes | Yes | Coffee, tea, spicy food | No | 22 | Mild to Moderate | 18 | Moderate | No | No | 310 | Worsen | 26 | Worse |
| 81 | 1255724 | 20 | F | Unemployed | 4 | 3 | 250 | IBS-M | Moderate | 3 | Watery, String like | No | Yes | Yes | Yes | No | Yes | Milk,coffee, spicy, fatty food | No | 0 | No | 13 | Mild | No | No | 150 | Improve | 0 | No |
| 82 | 1255761 | 60 | M | Unemployed | 3 | 4 | 175 | IBS-D | Severe | 4 | Watery, Porridge | Yes | Yes | Yes | Yes | Yes | No | Spicy, fatty food, coffee | No | 30 | Moderate to Severe | 15 | Moderate | No | No | 310 | Worsen | 25 | Worse |
| 83 | 1245507 | 55 | M | Skilled | 4 | 4 | 325 | IBS-M | Severe | 5 | Hard, Porridge | Yes | Yes | Yes | Yes | No | Yes | Fatty food, coffee,spicy food | No | 19 | Mild to Moderate | 17 | Moderate | No | No | 300 | Improve | 12 | Improv |
| 84 | 1244877 | 65 | F | Unemployed | 5 | 3 | 180 | IBS-D | Mild | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, tea | No | 0 | No | 0 | No | No | No | 250 | No | 0 | No |
| 85 | 1245899 | 60 | F | Clerical / Shop | 4 | 4 | 270 | IBS-D | Moderate | 3 | Watery, | No | Yes | No | Yes | Yes | Yes | Fatty food, Milk , Spicy food | No | 28 | Moderate to Severe | 12 | Mild | No | No | 200 | No | 15 | No |
| 86 | 1245578 | 55 | M | Semiprofessional | 3 | 5 | 200 | IBS-M | Moderate | 4 | Watery, Rabbit pellet like | No | Yes | No | Yes | Yes | No | Fatty food, Spicy | No | 29 | Moderate to Severe | 15 | Moderate | No | IBS-D | 300 | No | 12 | No |
| 87 | 1246068 | 65 | M | Unemployed | 4 | 3 | 175 | IBS-C | Mild | 2 | String like , Hard | No | Yes | Yes | Yes | Yes | Yes | Fatty food,spicy,coffee | No | 0 | No | 0 | No | No | No | 180 | Worsen | 15 | Worse |
| 88 | 1246048 | 57 | M | Unemployed | 5 | 4 | 260 | IBS-M | Moderate | 4 | Hard, rabbit string, watery | No | Yes | Yes | Yes | Yes | Yes | Milk, Coffee, fatty food, spicy food | No | 19 | Mild to Moderate | 12 | Mild | No | No | 320 | Worsen | 24 | Worse |
| 89 | 1246063 | 18 | M | Unemployed | 4 | 3 | 160 | IBS-D | Mild | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Milk, Coffee, Fatty food , spicy food , milk | No | 0 | No | 0 | No | No | IBS-M | 250 | Worsen | 12 | No |
| 90 | 1246199 | 60 | M | Unemployed | 4 | 5 | 300 | IBS-D | Moderate | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | milk, spicy food, coffee , fatty food | No | 28 | Moderate to Severe | 13 | Mild | No | No | 225 | No | 21 | No |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 91 | 1246191 | 48 | M | Skilled | 3 | 6 | 180 | IBS-C | Moderate | 2 | Rabbit string like, hard | No | Yes | Yes | Yes | Yes | No | Spicy, fatty food, coffee | No | 0 | No | 15 | Moderate | No | No | 250 |
| 92 | 1227044 | 65 | M | Unemployed | 4 | 4 | 200 | IBS-D | Moderate | 4 | Porridge, watery | No | Yes | Yes | Yes | Yes | Yes | Milk, tea , coffee | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 275 |
| 93 | 1229181 | 54 | M | Semiskilled | 3 | 6 | 80 | IBS-M | Mild | 3 | Watery, Rabbit string like | No | Yes | No | No | No | No | Banana, Professionalshew, | No | 0 | No | 0 | No | No | IBS-D | 260 |
| 94 | 1239232 | 55 | M | Professional | 5 | 5 | 180 | IBS-C | Moderate | 2 | String like, Hard lumpy | No | Yes | No | Yes | Yes | Yes | Coffee, fatty food, spicy food ,tea | No | 19 | Mild to Moderate | 18 | Moderate | No | No | 250 |
| 95 | 1234574 | 62 | F | Unemployed | 6 | 4 | 250 | IBS-M | Moderate | 3 | Porridge, Watery | No | No | No | Yes | Yes | Yes | Fatty food, Spicy food | No | 22 | Mild to Moderate | 20 | Severe | No | No | 325 |
| 96 | 1220543 | 55 | M | Unemployed | 3 | 5 | 175 | IBS-D | Mild | 3 | Watery | No | Yes | Yes | Yes | No | No | Tea, Coffee, Fatty food | No | 0 | No | 14 | Moderate | No | No | 170 |
| 97 | 1238917 | 27 | M | Unemployed | 4 | 4 | 180 | IBS-C | Mild | 2 | Hard, String like | No | Yes | Yes | No | Yes | No | Tea, fatty food | No | 0 | No | 17 | Moderate | No | No | 200 |
| 98 | 1238783 | 45 | M | Semiprofessional | 3 | 3 | 250 | IBS-D | Moderate | 3 | Porridge, watery | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy, milk | No | 14 | Mild | 12 | Mild | No | No | 300 |
| 99 | 1231951 | 60 | M | Unemployed | 6 | 5 | 180 | IBS-M | Moderate | 2 | Watery, string like | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food, milk | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 225 |
| 100 | 1232962 | 47 | F | Unemployed | 3 | 4 | 300 | IBS-D | Severe | 4 | Watery , Porridge | No | Yes | Yes | Yes | Yes | No | tea, coffee, fatty food, spicy | No | 26 | Moderate to Severe | 11 | Mild | No | No | 250 |
| 101 | 1232312 | 60 | M | Unemployed | 4 | 3 | 150 | IBS-C | Moderate | 2 | String like, Pellet like | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food , spicy food, | No | 20 | Mild to Moderate | 14 | Moderate | No | No | 100 |
| 102 | 1229214 | 29 | M | Unemployed | 3 | 4 | 300 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy, | No | 19 | Mild to Moderate | 12 | Mild | No | No | 175 |
| 103 | 1213811 | 65 | F | Unemployed | 4 | 3 | 400 | IBS-D | Severe | 6 | Watery, Mushy | No | Yes | Yes | Yes | Yes | No | Tea, coffee,fatty food, spicy food | No | 15 | Mild | 20 | Severe | No | No | 275 |
| 104 | 1219067 | 65 | M | Unemployed | 3 | 3 | 255 | IBS-M | Moderate | 4 | Porridge like, Watery | No | Yes | Yes | Yes | Yes | No | Tea,coffee,fatty food,spicy food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 150 |
| 105 | 1218872 | 50 | F | Unemployed | 4 | 3 | 300 | IBS-C | Severe | 2 | Rabbit lump, string , hard | No | Yes | No | Yes | Yes | No | Fatty food , spicy food | No | 22 | Mild to Moderate | 17 | Moderate | No | No | 225 |
| 106 | 246686 | 54 | F | Unemployed | 3 | 4 | 170 | IBS-D | Mild | 3 | Mushy, porridge like, watery | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food | No | 26 | Moderate to Severe | 12 | Mild | No | No | 250 |
| 107 | 1229336 | 45 | M | Skilled | 4 | 3 | 180 | IBS-M | Moderate | 4 | Hard, watery | No | Yes | No | Yes | Yes | No | Tea, Fatty food, spicy food | No | 24 | Mild to Moderate | 16 | Moderate | No | No | 190 |
| 108 | 1182019 | 65 | M | Unemployed | 3 | 5 | 325 | IBS-D | Severe | 3 | Watery | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food | No | 19 | Mild to | 15 | Moderate | No | IBS-M | 300 |
| 109 | 1207586 | 63 | M | Skilled | 4 | 6 | 225 | IBS-C | Moderate | 2 | Hard, lumpy , string like | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy food | No | 21 | Mild to Moderate | 15 | Moderate | No | No | 165 |
| 110 | 452868 | 38 | F | Semiprofessional | 7 | 4 | 180 | IBS-D | Moderate | 5 | Porridge, watery like | No | Yes | Yes | Yes | Yes | No | Tea, coffee , Fatty food , Spicy food | No | 16 | Mild | 17 | Moderate | No | No | 160 |
| 111 | 40641 | 60 | F | Unemployed | 3 | 5 | 350 | IBS-M | Severe | 3 | String like, Hard | No | Yes | Yes | No | No | Yes | Tea, coffee, milk | No | 19 | Mild to Moderate | 18 | Moderate | No | No | 300 |
| 112 | 1216554 | 60 | M | Semiskilled | 2 | 4 | 80 | IBS-D | Mild | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food, spicy food | No | 6 | No | 0 | No | No | No | 175 |
| 113 | 1213146 | 55 | M | Skilled | 3 | 6 | 325 | IBS-M | Severe | 3 | String like, pellet like | No | Yes | Yes | No | Yes | Yes | Tea, Coffee, Spicy food , Milk | No | 17 | Mild | 18 | Moderate | No | No | 250 |
| 114 | 1216492 | 50 | M | Clerical / Shop | 4 | 5 | 225 | IBS-D | Moderate | 6 | Watery, Porridge like, | No | Yes | Yes | Yes | No | Yes | Tea. Coffee, fatty food, milk | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 250 |
| 115 | 1217008 | 60 | M | Unemployed | 5 | 4 | 300 | IBS-C | Moderate | 2 | String like, pellet like | No | Yes | No | Yes | No | Yes | Tea, Fatty food, Milk | No | 15 | Mild | 17 | Moderate | No | No | 175 |
| 116 | 194989 | 40 | M | Skilled | 4 | 6 | 180 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | No | Yes | No | No | Tea, fatty food , | No | 27 | Moderate to Severe | 18 | Moderate | No | No | 200 |
| 117 | 994285 | 65 | M | Unemployed | 5 | 4 | 175 | IBS-M | Mild | 2 | String like , hard, porridge | No | No | Yes | Yes | Yes | No | Tea, coffee,fatty food ,spicy food | No | 18 | Mild to Moderate | 14 | Moderate | No | No | 300 |
| 118 | 234404 | 57 | M | Semiskilled | 4 | 5 | 80 | IBS-M | Mild | 3 | Hard, porridge like | No | Yes | Yes | Yes | No | No | tea, fatty food | No | 20 | Mild to Moderate | 0 | No | No | No | 180 |
| 119 | 1184331 | 18 | F | Unemployed | 6 | 3 | 325 | IBS-D | Severe | 2 | Watery, Porridge like | No | Yes | Yes | No | Yes | No | tea, fatty food, nuts | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 150 |
| 120 | 1185335 | 40 | F | Unemployed | 3 | 4 | 180 | IBS-C | Moderate | 3 | Hard, pellet like | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy | No | 17 | Mild | 18 | Moderate | No | IBS-M | 200 |
| 121 | 1185355 | 19 | F | Unemployed | 4 | 3 | 170 | IBS-D | Mild | 4 | Watery, Porridge | No | No | No | Yes | Yes | Yes | Tea, Milk, Coffee, Fatty food | No | 25 | Moderate to Severe | 0 | No | No | No | 225 |
| 122 | 1185417 | 18 | M | Unemployed | 3 | 4 | 180 | Ibs-C | Moderate | 3 | String like , Pellet like | No | Yes | No | Yes | No | Yes | Tea, fatty food, milk | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 250 |
| 123 | 554203 | 53 | M | Semiprofessional | 4 | 3 | 400 | IBS-D | Severe | 4 | watery, porridge | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food, Milk | No | 42 | Severe | 16 | Moderate | No | No | 300 |
| 124 | 1250663 | 35 | M | Professional | 5 | 4 | 180 | IBS-M | Moderate | 3 | watery, string like | No | Yes | No | Yes | Yes | Yes | tea, fatty food, spicy food , milk | No | 19 | Mild to Moderate | 12 | Mild | No | No | 170 |
| 125 | 1244084 | 60 | M | Clerical / Shop | 6 | 3 | 300 | IBS-C | Severe | 2 | String like , Hard | No | Yes | Yes | No | No | Yes | tea, coffee | No | 21 | Mild to Moderate | 20 | Severe | No | No | 250 |
| 126 | 1245506 | 52 | M | Unemployed | 4 | 2 | 275 | IBS-D | Moderate | 3 | Watery, Porridge like | No | Yes | Yes | Yes | Yes | Yes | Tea, coffee, fatty , spicy food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 310 |
| 127 | 173569 | 58 | M | Unemployed | 3 | 2 | 200 | IBS-M | Moderate | 2 | Hard, watery | No | Yes | Yes | No | Yes | No | Tea, Coffee, spicy | No | 0 | No | 15 | Moderate | No | No | 180 |
| 128 | 187913 | 45 | M | Skilled | 4 | 3 | 225 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | tea, coffee, spicy, fatty food | No | 19 | Mild to Moderate | 22 | Severe | No | No | 320 |
| 129 | 1247975 | 62 | F | Unemployed | 5 | 5 | 350 | IBS-M | Severe | 4 | Watery, Pellet like | No | Yes | No | Yes | No | Yes | Tea, fatty food, milk | No | 26 | Moderate to Severe | 15 | Moderate | No | No | 300 |
| 130 | 1248762 | 47 | M | Semiprofessional | 6 | 6 | 225 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Tea, Coffee, Fatty food, Spicy food ,Milk | No | 22 | Mild to Moderate | 16 | Moderate | No | No | 250 |
| 131 | 1251403 | 50 | F | Skilled | 5 | 5 | 250 | IBS-M | Moderate | 5 | Watery, PorrIdge | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food, spicy food | No | 50 | Severe | 15 | Moderate | No | No | 170 |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 91 | 1246191 | 48 | M | Skilled | 3 | 6 | 180 | IBS-C | Moderate | 2 | Rabbit string like, hard | No | Yes | Yes | Yes | Yes | No | Spicy, fatty food, coffee | No | 0 | No | 15 | Moderate | No | No | 250 | No |
| 92 | 1227044 | 65 | M | Unemployed | 4 | 4 | 200 | IBS-D | Moderate | 4 | Porridge, watery | No | Yes | Yes | Yes | Yes | Yes | Milk, tea , coffee | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 275 | No |
| 93 | 1229181 | 54 | M | Semiskilled | 3 | 6 | 80 | IBS-M | Mild | 3 | Watery, Rabbit string like | No | Yes | No | No | No | No | Banana, Professionalshew, | No | 0 | No | 0 | No | No | IBS-D | 260 | Worsen |
| 94 | 1239232 | 55 | M | Professional | 5 | 5 | 180 | IBS-C | Moderate | 2 | String like, Hard lumpy | No | Yes | No | Yes | Yes | Yes | Coffee, fatty food, spicy food ,tea | No | 19 | Mild to Moderate | 18 | Moderate | No | No | 250 | No |
| 95 | 1234574 | 62 | F | Unemployed | 6 | 4 | 250 | IBS-M | Moderate | 3 | Porridge, Watery | No | No | No | Yes | Yes | Yes | Fatty food, Spicy food | No | 22 | Mild to Moderate | 20 | Severe | No | No | 325 | Worsen |
| 96 | 1220543 | 55 | M | Unemployed | 3 | 5 | 175 | IBS-D | Mild | 3 | Watery | No | Yes | Yes | Yes | No | No | Tea, Coffee, Fatty food | No | 0 | No | 14 | Moderate | No | No | 170 | No |
| 97 | 1238917 | 27 | M | Unemployed | 4 | 4 | 180 | IBS-C | Mild | 2 | Hard, String like | No | Yes | Yes | No | Yes | No | Tea, fatty food | No | 0 | No | 17 | Moderate | No | No | 200 | No |
| 98 | 1238783 | 45 | M | Semiprofessional | 3 | 3 | 250 | IBS-D | Moderate | 3 | Porridge, watery | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy, milk | No | 14 | Mild | 12 | Mild | No | No | 300 | No |
| 99 | 1231951 | 60 | M | Unemployed | 6 | 5 | 180 | IBS-M | Moderate | 2 | Watery, string like | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food, milk | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 225 | No |
| 100 | 1232962 | 47 | F | Unemployed | 3 | 4 | 300 | IBS-D | Severe | 4 | Watery , Porridge | No | Yes | Yes | Yes | Yes | No | tea, coffee, fatty food, spicy | No | 26 | Moderate to Severe | 11 | Mild | No | No | 250 | No |
| 101 | 1232312 | 60 | M | Unemployed | 4 | 3 | 150 | IBS-C | Moderate | 2 | String like, Pellet like | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food , spicy food, | No | 20 | Mild to Moderate | 14 | Moderate | No | No | 100 | No |
| 102 | 1229214 | 29 | M | Unemployed | 3 | 4 | 300 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy, | No | 19 | Mild to Moderate | 12 | Mild | No | No | 175 | Improve |
| 103 | 1213811 | 65 | F | Unemployed | 4 | 3 | 400 | IBS-D | Severe | 6 | Watery, Mushy | No | Yes | Yes | Yes | Yes | No | Tea, coffee,fatty food, spicy food | No | 15 | Mild | 20 | Severe | No | No | 275 | Improve |
| 104 | 1219067 | 65 | M | Unemployed | 3 | 3 | 255 | IBS-M | Moderate | 4 | Porridge like, Watery | No | Yes | Yes | Yes | Yes | No | Tea,coffee,fatty food,spicy food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 150 | Improve |
| 105 | 1218872 | 50 | F | Unemployed | 4 | 3 | 300 | IBS-C | Severe | 2 | Rabbit lump, string , hard | No | Yes | No | Yes | Yes | No | Fatty food , spicy food | No | 22 | Mild to Moderate | 17 | Moderate | No | No | 225 | Improve |
| 106 | 246686 | 54 | F | Unemployed | 3 | 4 | 170 | IBS-D | Mild | 3 | Mushy, porridge like, watery | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food | No | 26 | Moderate to Severe | 12 | Mild | No | No | 250 | Worsen |
| 107 | 1229336 | 45 | M | Skilled | 4 | 3 | 180 | IBS-M | Moderate | 4 | Hard, watery | No | Yes | No | Yes | Yes | No | Tea, Fatty food, spicy food | No | 24 | Mild to Moderate | 16 | Moderate | No | No | 190 | No |
| 108 | 1182019 | 65 | M | Unemployed | 3 | 5 | 325 | IBS-D | Severe | 3 | Watery | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food | No | 19 | Mild to | 15 | Moderate | No | IBS-M | 300 | Improve |
| 109 | 1207586 | 63 | M | Skilled | 4 | 6 | 225 | IBS-C | Moderate | 2 | Hard, lumpy , string like | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy food | No | 21 | Mild to Moderate | 15 | Moderate | No | No | 165 | Improve |
| 110 | 452868 | 38 | F | Semiprofessional | 7 | 4 | 180 | IBS-D | Moderate | 5 | Porridge, watery like | No | Yes | Yes | Yes | Yes | No | Tea, coffee , Fatty food , Spicy food | No | 16 | Mild | 17 | Moderate | No | No | 160 | Improve |
| 111 | 40641 | 60 | F | Unemployed | 3 | 5 | 350 | IBS-M | Severe | 3 | String like, Hard | No | Yes | Yes | No | No | Yes | Tea, coffee, milk | No | 19 | Mild to Moderate | 18 | Moderate | No | No | 300 | Improve |
| 112 | 1216554 | 60 | M | Semiskilled | 2 | 4 | 80 | IBS-D | Mild | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food, spicy food | No | 6 | No | 0 | No | No | No | 175 | Worsen |
| 113 | 1213146 | 55 | M | Skilled | 3 | 6 | 325 | IBS-M | Severe | 3 | String like, pellet like | No | Yes | Yes | No | Yes | Yes | Tea, Coffee, Spicy food , Milk | No | 17 | Mild | 18 | Moderate | No | No | 250 | Improve |
| 114 | 1216492 | 50 | M | Clerical / Shop | 4 | 5 | 225 | IBS-D | Moderate | 6 | Watery, Porridge like. | No | Yes | Yes | Yes | No | Yes | Tea. Coffee, fatty food, milk | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 250 | No |
| 115 | 1217008 | 60 | M | Unemployed | 5 | 4 | 300 | IBS-C | Moderate | 2 | String like, pellet like | No | Yes | No | Yes | No | Yes | Tea, Fatty food, Milk | No | 15 | Mild | 17 | Moderate | No | No | 175 | Improve |
| 116 | 194989 | 40 | M | Skilled | 4 | 6 | 180 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | No | Yes | No | No | Tea, fatty food , | No | 27 | Moderate to Severe | 18 | Moderate | No | No | 200 | No |
| 117 | 994285 | 65 | M | Unemployed | 5 | 4 | 175 | IBS-M | Mild | 2 | String like , hard, porridge | No | No | Yes | Yes | Yes | No | Tea, coffee,fatty food ,spicy food | No | 18 | Mild to Moderate | 14 | Moderate | No | No | 300 | No |
| 118 | 234404 | 57 | M | Semiskilled | 4 | 5 | 80 | IBS-M | Mild | 3 | Hard, porridge like | No | Yes | Yes | Yes | No | No | tea, fatty food | No | 20 | Mild to Moderate | 0 | No | No | No | 180 | Worsen |
| 119 | 1184331 | 18 | F | Unemployed | 6 | 3 | 325 | IBS-D | Severe | 2 | Watery, Porridge like | No | Yes | Yes | No | Yes | No | tea, fatty food, nuts | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 150 | Improve |
| 120 | 1185335 | 40 | F | Unemployed | 3 | 4 | 180 | IBS-C | Moderate | 3 | Hard, pellet like | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy | No | 17 | Mild | 18 | Moderate | No | IBS-M | 200 | No |
| 121 | 1185355 | 19 | F | Unemployed | 4 | 3 | 170 | IBS-D | Mild | 4 | Watery, Porridge | No | No | No | Yes | Yes | Yes | Tea, Milk, Coffee, Fatty food | No | 25 | Moderate to Severe | 0 | No | No | No | 225 | Worsen |
| 122 | 1185417 | 18 | M | Unemployed | 3 | 4 | 180 | Ibs-C | Moderate | 3 | String like , Pellet like | No | Yes | No | Yes | No | Yes | Tea, fatty food, milk | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 250 | No |
| 123 | 554203 | 53 | M | Semiprofessional | 4 | 3 | 400 | IBS-D | Severe | 4 | watery, porridge | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food, Milk | No | 42 | Severe | 16 | Moderate | No | No | 300 | Improve |
| 124 | 1250663 | 35 | M | Professional | 5 | 4 | 180 | IBS-M | Moderate | 3 | watery, string like | No | Yes | No | Yes | Yes | Yes | tea, fatty food, spicy food , milk | No | 19 | Mild to Moderate | 12 | Mild | No | No | 170 | Improve |
| 125 | 1244084 | 60 | M | Clerical / Shop | 6 | 3 | 300 | IBS-C | Severe | 2 | String like , Hard | No | Yes | Yes | No | No | Yes | tea, coffee | No | 21 | Mild to Moderate | 20 | Severe | No | No | 250 | No |
| 126 | 1245506 | 52 | M | Unemployed | 4 | 2 | 275 | IBS-D | Moderate | 3 | Watery, Porridge like | No | Yes | Yes | Yes | Yes | Yes | Tea, coffee, fatty , spicy food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 310 | Improve |
| 127 | 173569 | 58 | M | Unemployed | 3 | 2 | 200 | IBS-M | Moderate | 2 | Hard, watery | No | Yes | Yes | No | Yes | No | Tea, Coffee, spicy | No | 0 | No | 15 | Moderate | No | No | 180 | No |
| 128 | 187913 | 45 | M | Skilled | 4 | 3 | 225 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | tea, coffee, spicy, fatty food | No | 19 | Mild to Moderate | 22 | Severe | No | No | 320 | Worsen |
| 129 | 1247975 | 62 | F | Unemployed | 5 | 5 | 350 | IBS-M | Severe | 4 | Watery, Pellet like | No | Yes | No | Yes | No | Yes | Tea, fatty food, milk | No | 26 | Moderate to Severe | 15 | Moderate | No | No | 300 | Improve |
| 130 | 1248762 | 47 | M | Semiprofessional | 6 | 6 | 225 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Tea, Coffee, Fatty food, Spicy food ,Milk | No | 22 | Mild to Moderate | 16 | Moderate | No | No | 250 | No |
| 131 | 1251403 | 50 | F | Skilled | 5 | 5 | 250 | IBS-M | Moderate | 5 | Watery, Porrldge | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food, spicy food | No | 50 | Severe | 15 | Moderate | No | No | 170 | Improve |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 91 | 1246191 | 48 | M | Skilled | 3 | 6 | 180 | IBS-C | Moderate | 2 | Rabbit string like, hard | No | Yes | Yes | Yes | Yes | No | Spicy, fatty food, coffee | No | 0 | No | 15 | Moderate | No | No | 250 | No | 0 |
| 92 | 1227044 | 65 | M | Unemployed | 4 | 4 | 200 | IBS-D | Moderate | 4 | Porridge, watery | No | Yes | Yes | Yes | Yes | Yes | Milk, tea , coffee | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 275 | No | 21 |
| 93 | 1229181 | 54 | M | Semiskilled | 3 | 6 | 80 | IBS-M | Mild | 3 | Watery, Rabbit string like | No | Yes | No | No | No | No | Banana, Professionalshew, | No | 0 | No | 0 | No | No | IBS-D | 260 | Worsen | 21 |
| 94 | 1239232 | 55 | M | Professional | 5 | 5 | 180 | IBS-C | Moderate | 2 | String like, Hard lumpy | No | Yes | No | Yes | Yes | Yes | Coffee, fatty food, spicy food ,tea | No | 19 | Mild to Moderate | 18 | Moderate | No | No | 250 | No | 18 |
| 95 | 1234574 | 62 | F | Unemployed | 6 | 4 | 250 | IBS-M | Moderate | 3 | Porridge, Watery | No | No | No | Yes | Yes | Yes | Fatty food, Spicy food | No | 22 | Mild to Moderate | 20 | Severe | No | No | 325 | Worsen | 30 |
| 96 | 1220543 | 55 | M | Unemployed | 3 | 5 | 175 | IBS-D | Mild | 3 | Watery | No | Yes | Yes | Yes | No | No | Tea, Coffee, Fatty food | No | 0 | No | 14 | Moderate | No | No | 170 | No | 6 |
| 97 | 1238917 | 27 | M | Unemployed | 4 | 4 | 180 | IBS-C | Mild | 2 | Hard, String like | No | Yes | Yes | No | Yes | No | Tea, fatty food | No | 0 | No | 17 | Moderate | No | No | 200 | No | 0 |
| 98 | 1238783 | 45 | M | Semiprofessional | 3 | 3 | 250 | IBS-D | Moderate | 3 | Porridge, watery | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy, milk | No | 14 | Mild | 12 | Mild | No | No | 300 | No | 18 |
| 99 | 1231951 | 60 | M | Unemployed | 6 | 5 | 180 | IBS-M | Moderate | 2 | Watery, string like | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food, milk | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 225 | No | 24 |
| 100 | 1232962 | 47 | F | Unemployed | 3 | 4 | 300 | IBS-D | Severe | 4 | Watery , Porridge | No | Yes | Yes | Yes | Yes | No | tea, coffee, fatty food, spicy | No | 26 | Moderate to Severe | 11 | Mild | No | No | 250 | No | 22 |
| 101 | 1232312 | 60 | M | Unemployed | 4 | 3 | 150 | IBS-C | Moderate | 2 | String like, Pellet like | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food , spicy food, | No | 20 | Mild to Moderate | 14 | Moderate | No | No | 100 | No | 16 |
| 102 | 1229214 | 29 | M | Unemployed | 3 | 4 | 300 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy, | No | 19 | Mild to Moderate | 12 | Mild | No | No | 175 | Improve | 15 |
| 103 | 1213811 | 65 | F | Unemployed | 4 | 3 | 400 | IBS-D | Severe | 6 | Watery, Mushy | No | Yes | Yes | Yes | Yes | No | Tea, coffee,fatty food, spicy food | No | 15 | Mild | 20 | Severe | No | No | 275 | Improve | 16 |
| 104 | 1219067 | 65 | M | Unemployed | 3 | 3 | 255 | IBS-M | Moderate | 4 | Porridge like, Watery | No | Yes | Yes | Yes | Yes | No | Tea,coffee,fatty food,spicy food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 150 | Improve | 15 |
| 105 | 1218872 | 50 | F | Unemployed | 4 | 3 | 300 | IBS-C | Severe | 2 | Rabbit lump, string , hard | No | Yes | No | Yes | Yes | No | Fatty food , spicy food | No | 22 | Mild to Moderate | 17 | Moderate | No | No | 225 | Improve | 11 |
| 106 | 246686 | 54 | F | Unemployed | 3 | 4 | 170 | IBS-D | Mild | 3 | Mushy, porridge like, watery | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food | No | 26 | Moderate to Severe | 12 | Mild | No | No | 250 | Worsen | 28 |
| 107 | 1229336 | 45 | M | Skilled | 4 | 3 | 180 | IBS-M | Moderate | 4 | Hard, watery | No | Yes | No | Yes | Yes | No | Tea, Fatty food, spicy food | No | 24 | Mild to Moderate | 16 | Moderate | No | No | 190 | No | 26 |
| 108 | 1182019 | 65 | M | Unemployed | 3 | 5 | 325 | IBS-D | Severe | 3 | Watery | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food | No | 19 | Mild to | 15 | Moderate | No | IBS-M | 300 | Improve | 15 |
| 109 | 1207586 | 63 | M | Skilled | 4 | 6 | 225 | IBS-C | Moderate | 2 | Hard, lumpy , string like | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy food | No | 21 | Mild to Moderate | 15 | Moderate | No | No | 165 | Improve | 14 |
| 110 | 452868 | 38 | F | Semiprofessional | 7 | 4 | 180 | IBS-D | Moderate | 5 | Porridge, watery like | No | Yes | Yes | Yes | Yes | No | Tea, coffee , Fatty food , Spicy food | No | 16 | Mild | 17 | Moderate | No | No | 160 | Improve | 17 |
| 111 | 40641 | 60 | F | Unemployed | 3 | 5 | 350 | IBS-M | Severe | 3 | String like, Hard | No | Yes | Yes | No | No | Yes | Tea, coffee, milk | No | 19 | Mild to Moderate | 18 | Moderate | No | No | 300 | Improve | 12 |
| 112 | 1216554 | 60 | M | Semiskilled | 2 | 4 | 80 | IBS-D | Mild | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food, spicy food | No | 6 | No | 0 | No | No | No | 175 | Worsen | 19 |
| 113 | 1213146 | 55 | M | Skilled | 3 | 6 | 325 | IBS-M | Severe | 3 | String like, pellet like | No | Yes | Yes | No | Yes | Yes | Tea, Coffee, Spicy food , Milk | No | 17 | Mild | 18 | Moderate | No | No | 250 | Improve | 11 |
| 114 | 1216492 | 50 | M | Clerical / Shop | 4 | 5 | 225 | IBS-D | Moderate | 6 | Watery, Porridge like. | No | Yes | Yes | Yes | No | Yes | Tea. Coffee, fatty food, milk | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 250 | No | 19 |
| 115 | 1217008 | 60 | M | Unemployed | 5 | 4 | 300 | IBS-C | Moderate | 2 | String like, pellet like | No | Yes | No | Yes | No | Yes | Tea, Fatty food, Milk | No | 15 | Mild | 17 | Moderate | No | No | 175 | Improve | 12 |
| 116 | 194989 | 40 | M | Skilled | 4 | 6 | 180 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | No | Yes | No | No | Tea, fatty food , | No | 27 | Moderate to Severe | 18 | Moderate | No | No | 200 | No | 26 |
| 117 | 994285 | 65 | M | Unemployed | 5 | 4 | 175 | IBS-M | Mild | 2 | String like , hard, porridge | No | No | Yes | Yes | Yes | No | Tea, coffee,fatty food ,spicy food | No | 18 | Mild to Moderate | 14 | Moderate | No | No | 300 | No | 20 |
| 118 | 234404 | 57 | M | Semiskilled | 4 | 5 | 80 | IBS-M | Mild | 3 | Hard, porridge like | No | Yes | Yes | Yes | No | No | tea, fatty food | No | 20 | Mild to Moderate | 0 | No | No | No | 180 | Worsen | 26 |
| 119 | 1184331 | 18 | F | Unemployed | 6 | 3 | 325 | IBS-D | Severe | 2 | Watery, Porridge like | No | Yes | Yes | No | Yes | No | tea, fatty food, nuts | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 150 | Improve | 16 |
| 120 | 1185335 | 40 | F | Unemployed | 3 | 4 | 180 | IBS-C | Moderate | 3 | Hard, pellet like | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy | No | 17 | Mild | 18 | Moderate | No | IBS-M | 200 | No | 15 |
| 121 | 1185355 | 19 | F | Unemployed | 4 | 3 | 170 | IBS-D | Mild | 4 | Watery, Porridge | No | No | No | Yes | Yes | Yes | Tea, Milk, Coffee, Fatty food | No | 25 | Moderate to Severe | 0 | No | No | No | 225 | Worsen | 31 |
| 122 | 1185417 | 18 | M | Unemployed | 3 | 4 | 180 | Ibs-C | Moderate | 3 | String like , Pellet like | No | Yes | No | Yes | No | Yes | Tea, fatty food, milk | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 250 | No | 18 |
| 123 | 554203 | 53 | M | Semiprofessional | 4 | 3 | 400 | IBS-D | Severe | 4 | watery, porridge | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food, Milk | No | 42 | Severe | 16 | Moderate | No | No | 300 | Improve | 16 |
| 124 | 1250663 | 35 | M | Professional | 5 | 4 | 180 | IBS-M | Moderate | 3 | watery, string like | No | Yes | No | Yes | Yes | Yes | tea, fatty food, spicy food , milk | No | 19 | Mild to Moderate | 12 | Mild | No | No | 170 | Improve | 18 |
| 125 | 1244084 | 60 | M | Clerical / Shop | 6 | 3 | 300 | IBS-C | Severe | 2 | String like , Hard | No | Yes | Yes | No | No | Yes | tea, coffee | No | 21 | Mild to Moderate | 20 | Severe | No | No | 250 | No | 18 |
| 126 | 1245506 | 52 | M | Unemployed | 4 | 2 | 275 | IBS-D | Moderate | 3 | Watery, Porridge like | No | Yes | Yes | Yes | Yes | Yes | Tea, coffee, fatty , spicy food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 310 | Improve | 25 |
| 127 | 173569 | 58 | M | Unemployed | 3 | 2 | 200 | IBS-M | Moderate | 2 | Hard, watery | No | Yes | Yes | No | Yes | No | Tea, Coffee, spicy | No | 0 | No | 15 | Moderate | No | No | 180 | No | 0 |
| 128 | 187913 | 45 | M | Skilled | 4 | 3 | 225 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | tea, coffee, spicy, fatty food | No | 19 | Mild to Moderate | 22 | Severe | No | No | 320 | Worsen | 16 |
| 129 | 1247975 | 62 | F | Unemployed | 5 | 5 | 350 | IBS-M | Severe | 4 | Watery, Pellet like | No | Yes | No | Yes | No | Yes | Tea, fatty food, milk | No | 26 | Moderate to Severe | 15 | Moderate | No | No | 300 | Improve | 32 |
| 130 | 1248762 | 47 | M | Semiprofessional | 6 | 6 | 225 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Tea, Coffee, Fatty food, Spicy food ,Milk | No | 22 | Mild to Moderate | 16 | Moderate | No | No | 250 | No | 24 |
| 131 | 1251403 | 50 | F | Skilled | 5 | 5 | 250 | IBS-M | Moderate | 5 | Watery, Porridge | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food, spicy food | No | 50 | Severe | 15 | Moderate | No | No | 170 | Improve | 32 |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Follow up HA D scor |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 91 | 1246191 | 48 | M | Skilled | 3 | 6 | 180 | IBS-C | Moderate | 2 | Rabbit string like, hard | No | Yes | Yes | Yes | Yes | No | Spicy, fatty food, coffee | No | 0 | No | 15 | Moderate | No | No | 250 | No | 0 | 17 |
| 92 | 1227044 | 65 | M | Unemployed | 4 | 4 | 200 | IBS-D | Moderate | 4 | Porridge, watery | No | Yes | Yes | Yes | Yes | Yes | Milk, tea , coffee | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 275 | No | 21 | 14 |
| 93 | 1229181 | 54 | M | Semiskilled | 3 | 6 | 80 | IBS-M | Mild | 3 | Watery, Rabbit string like | No | Yes | No | No | No | No | Banana, Professionalshew, | No | 0 | No | 0 | No | No | IBS-D | 260 | Worsen | 21 | 18 |
| 94 | 1239232 | 55 | M | Professional | 5 | 5 | 180 | IBS-C | Moderate | 2 | String like, Hard lumpy | No | Yes | No | Yes | Yes | Yes | Coffee, fatty food, spicy food ,tea | No | 19 | Mild to Moderate | 18 | Moderate | No | No | 250 | No | 18 | 17 |
| 95 | 1234574 | 62 | F | Unemployed | 6 | 4 | 250 | IBS-M | Moderate | 3 | Porridge, Watery | No | No | No | Yes | Yes | Yes | Fatty food, Spicy food | No | 22 | Mild to Moderate | 20 | Severe | No | No | 325 | Worsen | 30 | 20 |
| 96 | 1220543 | 55 | M | Unemployed | 3 | 5 | 175 | IBS-D | Mild | 3 | Watery | No | Yes | Yes | Yes | No | No | Tea, Coffee, Fatty food | No | 0 | No | 14 | Moderate | No | No | 170 | No | 6 | 15 |
| 97 | 1238917 | 27 | M | Unemployed | 4 | 4 | 180 | IBS-C | Mild | 2 | Hard, String like | No | Yes | Yes | No | Yes | No | Tea, fatty food | No | 0 | No | 17 | Moderate | No | No | 200 | No | 0 | 12 |
| 98 | 1238783 | 45 | M | Semiprofessional | 3 | 3 | 250 | IBS-D | Moderate | 3 | Porridge, watery | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy, milk | No | 14 | Mild | 12 | Mild | No | No | 300 | No | 18 | 16 |
| 99 | 1231951 | 60 | M | Unemployed | 6 | 5 | 180 | IBS-M | Moderate | 2 | Watery, string like | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food, milk | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 225 | No | 24 | 18 |
| 100 | 1232962 | 47 | F | Unemployed | 3 | 4 | 300 | IBS-D | Severe | 4 | Watery , Porridge | No | Yes | Yes | Yes | Yes | No | tea, coffee, fatty food, spicy | No | 26 | Moderate to Severe | 11 | Mild | No | No | 250 | No | 22 | 12 |
| 101 | 1232312 | 60 | M | Unemployed | 4 | 3 | 150 | IBS-C | Moderate | 2 | String like, Pellet like | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food , spicy food, | No | 20 | Mild to Moderate | 14 | Moderate | No | No | 100 | No | 16 | 12 |
| 102 | 1229214 | 29 | M | Unemployed | 3 | 4 | 300 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy, | No | 19 | Mild to Moderate | 12 | Mild | No | No | 175 | Improve | 15 | 6 |
| 103 | 1213811 | 65 | F | Unemployed | 4 | 3 | 400 | IBS-D | Severe | 6 | Watery, Mushy | No | Yes | Yes | Yes | Yes | No | Tea, coffee,fatty food, spicy food | No | 15 | Mild | 20 | Severe | No | No | 275 | Improve | 16 | 16 |
| 104 | 1219067 | 65 | M | Unemployed | 3 | 3 | 255 | IBS-M | Moderate | 4 | Porridge like, Watery | No | Yes | Yes | Yes | Yes | No | Tea,coffee,fatty food,spicy food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 150 | Improve | 15 | 12 |
| 105 | 1218872 | 50 | F | Unemployed | 4 | 3 | 300 | IBS-C | Severe | 2 | Rabbit lump, string , hard | No | Yes | No | Yes | Yes | No | Fatty food , spicy food | No | 22 | Mild to Moderate | 17 | Moderate | No | No | 225 | Improve | 11 | 7 |
| 106 | 246686 | 54 | F | Unemployed | 3 | 4 | 170 | IBS-D | Mild | 3 | Mushy, porridge like, watery | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food | No | 26 | Moderate to Severe | 12 | Mild | No | No | 250 | Worsen | 28 | 20 |
| 107 | 1229336 | 45 | M | Skilled | 4 | 3 | 180 | IBS-M | Moderate | 4 | Hard, watery | No | Yes | No | Yes | Yes | No | Tea, Fatty food, spicy food | No | 24 | Mild to Moderate | 16 | Moderate | No | No | 190 | No | 26 | 13 |
| 108 | 1182019 | 65 | M | Unemployed | 3 | 5 | 325 | IBS-D | Severe | 3 | Watery | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food | No | 19 | Mild to | 15 | Moderate | No | IBS-M | 300 | Improve | 15 | 10 |
| 109 | 1207586 | 63 | M | Skilled | 4 | 6 | 225 | IBS-C | Moderate | 2 | Hard, lumpy , string like | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy food | No | 21 | Mild to Moderate | 15 | Moderate | No | No | 165 | Improve | 14 | 11 |
| 110 | 452868 | 38 | F | Semiprofessional | 7 | 4 | 180 | IBS-D | Moderate | 5 | Porridge, watery like | No | Yes | Yes | Yes | Yes | No | Tea, coffee , Fatty food , Spicy food | No | 16 | Mild | 17 | Moderate | No | No | 160 | Improve | 17 | 12 |
| 111 | 40641 | 60 | F | Unemployed | 3 | 5 | 350 | IBS-M | Severe | 3 | String like, Hard | No | Yes | Yes | No | No | Yes | Tea, coffee, milk | No | 19 | Mild to Moderate | 18 | Moderate | No | No | 300 | Improve | 12 | 8 |
| 112 | 1216554 | 60 | M | Semiskilled | 2 | 4 | 80 | IBS-D | Mild | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food, spicy food | No | 6 | No | 0 | No | No | No | 175 | Worsen | 19 | 15 |
| 113 | 1213146 | 55 | M | Skilled | 3 | 6 | 325 | IBS-M | Severe | 3 | String like, pellet like | No | Yes | Yes | No | Yes | Yes | Tea, Coffee, Spicy food , Milk | No | 17 | Mild | 18 | Moderate | No | No | 250 | Improve | 11 | 14 |
| 114 | 1216492 | 50 | M | Clerical / Shop | 4 | 5 | 225 | IBS-D | Moderate | 6 | Watery, Porridge like, | No | Yes | Yes | Yes | No | Yes | Tea. Coffee, fatty food, milk | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 250 | No | 19 | 16 |
| 115 | 1217008 | 60 | M | Unemployed | 5 | 4 | 300 | IBS-C | Moderate | 2 | String like, pellet like | No | Yes | No | Yes | No | Yes | Tea, Fatty food, Milk | No | 15 | Mild | 17 | Moderate | No | No | 175 | Improve | 12 | 10 |
| 116 | 194989 | 40 | M | Skilled | 4 | 6 | 180 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | No | Yes | No | No | Tea, fatty food , | No | 27 | Moderate to Severe | 18 | Moderate | No | No | 200 | No | 26 | 16 |
| 117 | 994285 | 65 | M | Unemployed | 5 | 4 | 175 | IBS-M | Mild | 2 | String like , hard, porridge | No | No | Yes | Yes | Yes | No | Tea, coffee,fatty food ,spicy food | No | 18 | Mild to Moderate | 14 | Moderate | No | No | 300 | No | 20 | 16 |
| 118 | 234404 | 57 | M | Semiskilled | 4 | 5 | 80 | IBS-M | Mild | 3 | Hard, porridge like | No | Yes | Yes | Yes | No | No | tea, fatty food | No | 20 | Mild to Moderate | 0 | No | No | No | 180 | Worsen | 26 | 0 |
| 119 | 1184331 | 18 | F | Unemployed | 6 | 3 | 325 | IBS-D | Severe | 2 | Watery, Porridge like | No | Yes | Yes | No | Yes | No | tea, fatty food, nuts | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 150 | Improve | 16 | 12 |
| 120 | 1185335 | 40 | F | Unemployed | 3 | 4 | 180 | IBS-C | Moderate | 3 | Hard, pellet like | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy | No | 17 | Mild | 18 | Moderate | No | IBS-M | 200 | No | 15 | 15 |
| 121 | 1185355 | 19 | F | Unemployed | 4 | 3 | 170 | IBS-D | Mild | 4 | Watery, Porridge | No | No | No | Yes | Yes | Yes | Tea, Milk, Coffee, Fatty food | No | 25 | Moderate to Severe | 0 | No | No | No | 225 | Worsen | 31 | 0 |
| 122 | 1185417 | 18 | M | Unemployed | 3 | 4 | 180 | Ibs-C | Moderate | 3 | String like , Pellet like | No | Yes | No | Yes | No | Yes | Tea, fatty food, milk | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 250 | No | 18 | 14 |
| 123 | 554203 | 53 | M | Semiprofessional | 4 | 3 | 400 | IBS-D | Severe | 4 | watery, porridge | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food, Milk | No | 42 | Severe | 16 | Moderate | No | No | 300 | Improve | 16 | |
| 124 | 1250663 | 35 | M | Professional | 5 | 4 | 180 | IBS-M | Moderate | 3 | watery, string like | No | Yes | No | Yes | Yes | Yes | tea, fatty food, spicy food , milk | No | 19 | Mild to Moderate | 12 | Mild | No | No | 170 | Improve | 18 | 11 |
| 125 | 1244084 | 60 | M | Clerical / Shop | 6 | 3 | 300 | IBS-C | Severe | 2 | String like , Hard | No | Yes | Yes | No | No | Yes | tea, coffee | No | 21 | Mild to Moderate | 20 | Severe | No | No | 250 | No | 18 | 19 |
| 126 | 1245506 | 52 | M | Unemployed | 4 | 2 | 275 | IBS-D | Moderate | 3 | Watery, Porridge like | No | Yes | Yes | Yes | Yes | Yes | Tea, coffee, fatty , spicy food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 310 | Improve | 25 | 21 |
| 127 | 173569 | 58 | M | Unemployed | 3 | 2 | 200 | IBS-M | Moderate | 2 | Hard, watery | No | Yes | Yes | No | Yes | No | Tea, Coffee, spicy | No | 0 | No | 15 | Moderate | No | No | 180 | No | 0 | 17 |
| 128 | 187913 | 45 | M | Skilled | 4 | 3 | 225 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | tea, coffee, spicy, fatty food | No | 19 | Mild to Moderate | 22 | Severe | No | No | 320 | Worsen | 16 | 12 |
| 129 | 1247975 | 62 | F | Unemployed | 5 | 5 | 350 | IBS-M | Severe | 4 | Watery, Pellet like | No | Yes | No | Yes | No | Yes | Tea, fatty food, milk | No | 26 | Moderate to Severe | 15 | Moderate | No | No | 300 | Improve | 32 | 19 |
| 130 | 1248762 | 47 | M | Semiprofessional | 6 | 6 | 225 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Tea, Coffee, Fatty food, Spicy food ,Milk | No | 22 | Mild to Moderate | 16 | Moderate | No | No | 250 | No | 24 | 18 |
| 131 | 1251403 | 50 | F | Skilled | 5 | 5 | 250 | IBS-M | Moderate | 5 | Watery, Porrldge | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food, spicy food | No | 50 | Severe | 15 | Moderate | No | No | 170 | Improve | 32 | 20 |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Chang severit anxiet |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 91 | 1246191 | 48 | M | Skilled | 3 | 6 | 180 | IBS-C | Moderate | 2 | Rabbit string like, hard | No | Yes | Yes | Yes | Yes | No | Spicy, fatty food, coffee | No | 0 | No | 15 | Moderate | No | No | 250 | No | 0 | No |
| 92 | 1227044 | 65 | M | Unemployed | 4 | 4 | 200 | IBS-D | Moderate | 4 | Porridge, watery | No | Yes | Yes | Yes | Yes | Yes | Milk, tea , coffee | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 275 | No | 21 | No |
| 93 | 1229181 | 54 | M | Semiskilled | 3 | 6 | 80 | IBS-M | Mild | 3 | Watery, Rabbit string like | No | Yes | No | No | No | No | Banana, Professionalshew, | No | 0 | No | 0 | No | No | IBS-D | 260 | Worsen | 21 | Worse |
| 94 | 1239232 | 55 | M | Professional | 5 | 5 | 180 | IBS-C | Moderate | 2 | String like, Hard lumpy | No | Yes | No | Yes | Yes | Yes | Coffee, fatty food, spicy food ,tea | No | 19 | Mild to Moderate | 18 | Moderate | No | No | 250 | No | 18 | No |
| 95 | 1234574 | 62 | F | Unemployed | 6 | 4 | 250 | IBS-M | Moderate | 3 | Porridge, Watery | No | No | No | Yes | Yes | Yes | Fatty food, Spicy food | No | 22 | Mild to Moderate | 20 | Severe | No | No | 325 | Worsen | 30 | Worse |
| 96 | 1220543 | 55 | M | Unemployed | 3 | 5 | 175 | IBS-D | Mild | 3 | Watery | No | Yes | Yes | Yes | No | No | Tea, Coffee, Fatty food | No | 0 | No | 14 | Moderate | No | No | 170 | No | 6 | No |
| 97 | 1238917 | 27 | M | Unemployed | 4 | 4 | 180 | IBS-C | Mild | 2 | Hard, String like | No | Yes | Yes | No | Yes | No | Tea, fatty food | No | 0 | No | 17 | Moderate | No | No | 200 | No | 0 | No |
| 98 | 1238783 | 45 | M | Semiprofessional | 3 | 3 | 250 | IBS-D | Moderate | 3 | Porridge, watery | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy, milk | No | 14 | Mild | 12 | Mild | No | No | 300 | No | 18 | Worse |
| 99 | 1231951 | 60 | M | Unemployed | 6 | 5 | 180 | IBS-M | Moderate | 2 | Watery, string like | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food, milk | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 225 | No | 24 | No |
| 100 | 1232962 | 47 | F | Unemployed | 3 | 4 | 300 | IBS-D | Severe | 4 | Watery , Porridge | No | Yes | Yes | Yes | Yes | No | tea, coffee, fatty food, spicy | No | 26 | Moderate to Severe | 11 | Mild | No | No | 250 | No | 22 | Improv |
| 101 | 1232312 | 60 | M | Unemployed | 4 | 3 | 150 | IBS-C | Moderate | 2 | String like, Pellet like | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food , spicy food, | No | 20 | Mild to Moderate | 14 | Moderate | No | No | 100 | No | 16 | Improv |
| 102 | 1229214 | 29 | M | Unemployed | 3 | 4 | 300 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy, | No | 19 | Mild to Moderate | 12 | Mild | No | No | 175 | Improve | 15 | Improv |
| 103 | 1213811 | 65 | F | Unemployed | 4 | 3 | 400 | IBS-D | Severe | 6 | Watery, Mushy | No | Yes | Yes | Yes | Yes | No | Tea, coffee,fatty food, spicy food | No | 15 | Mild | 20 | Severe | No | No | 275 | Improve | 16 | No |
| 104 | 1219067 | 65 | M | Unemployed | 3 | 3 | 255 | IBS-M | Moderate | 4 | Porridge like, Watery | No | Yes | Yes | Yes | Yes | No | Tea,coffee,fatty food,spicy food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 150 | Improve | 15 | Improv |
| 105 | 1218872 | 50 | F | Unemployed | 4 | 3 | 300 | IBS-C | Severe | 2 | Rabbit lump, string , hard | No | Yes | No | Yes | Yes | No | Fatty food , spicy food | No | 22 | Mild to Moderate | 17 | Moderate | No | No | 225 | Improve | 11 | Improv |
| 106 | 246686 | 54 | F | Unemployed | 3 | 4 | 170 | IBS-D | Mild | 3 | Mushy, porridge like, watery | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food | No | 26 | Moderate to Severe | 12 | Mild | No | No | 250 | Worsen | 28 | No |
| 107 | 1229336 | 45 | M | Skilled | 4 | 3 | 180 | IBS-M | Moderate | 4 | Hard, watery | No | Yes | No | Yes | Yes | No | Tea, Fatty food, spicy food | No | 24 | Mild to Moderate | 16 | Moderate | No | No | 190 | No | 26 | No |
| 108 | 1182019 | 65 | M | Unemployed | 3 | 5 | 325 | IBS-D | Severe | 3 | Watery | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food | No | 19 | Mild to | 15 | Moderate | No | IBS-M | 300 | Improve | 15 | Improv |
| 109 | 1207586 | 63 | M | Skilled | 4 | 6 | 225 | IBS-C | Moderate | 2 | Hard, lumpy , string like | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy food | No | 21 | Mild to Moderate | 15 | Moderate | No | No | 165 | Improve | 14 | Improv |
| 110 | 452868 | 38 | F | Semiprofessional | 7 | 4 | 180 | IBS-D | Moderate | 5 | Porridge, watery like | No | Yes | Yes | Yes | Yes | No | Tea, coffee , Fatty food , Spicy food | No | 16 | Mild | 17 | Moderate | No | No | 160 | Improve | 17 | No |
| 111 | 40641 | 60 | F | Unemployed | 3 | 5 | 350 | IBS-M | Severe | 3 | String like, Hard | No | Yes | Yes | No | No | Yes | Tea, coffee, milk | No | 19 | Mild to Moderate | 18 | Moderate | No | No | 300 | Improve | 12 | Improv |
| 112 | 1216554 | 60 | M | Semiskilled | 2 | 4 | 80 | IBS-D | Mild | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food, spicy food | No | 6 | No | 0 | No | No | No | 175 | Worsen | 19 | Worse |
| 113 | 1213146 | 55 | M | Skilled | 3 | 6 | 325 | IBS-M | Severe | 3 | String like, pellet like | No | Yes | Yes | No | Yes | Yes | Tea, Coffee, Spicy food , Milk | No | 17 | Mild | 18 | Moderate | No | No | 250 | Improve | 11 | No |
| 114 | 1216492 | 50 | M | Clerical / Shop | 4 | 5 | 225 | IBS-D | Moderate | 6 | Watery, Porridge like, | No | Yes | Yes | Yes | No | Yes | Tea. Coffee, fatty food, milk | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 250 | No | 19 | No |
| 115 | 1217008 | 60 | M | Unemployed | 5 | 4 | 300 | IBS-C | Moderate | 2 | String like, pellet like | No | Yes | No | Yes | No | Yes | Tea, Fatty food, Milk | No | 15 | Mild | 17 | Moderate | No | No | 175 | Improve | 12 | No |
| 116 | 194989 | 40 | M | Skilled | 4 | 6 | 180 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | No | Yes | No | No | Tea, fatty food , | No | 27 | Moderate to Severe | 18 | Moderate | No | No | 200 | No | 26 | No |
| 117 | 994285 | 65 | M | Unemployed | 5 | 4 | 175 | IBS-M | Mild | 2 | String like , hard, porridge | No | No | Yes | Yes | Yes | No | Tea, coffee,fatty food ,spicy food | No | 18 | Mild to Moderate | 14 | Moderate | No | No | 300 | No | 20 | No |
| 118 | 234404 | 57 | M | Semiskilled | 4 | 5 | 80 | IBS-M | Mild | 3 | Hard, porridge like | No | Yes | Yes | Yes | No | No | tea, fatty food | No | 20 | Mild to Moderate | 0 | No | No | No | 180 | Worsen | 26 | Worse |
| 119 | 1184331 | 18 | F | Unemployed | 6 | 3 | 325 | IBS-D | Severe | 2 | Watery, Porridge like | No | Yes | Yes | No | Yes | No | tea, fatty food, nuts | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 150 | Improve | 16 | Improv |
| 120 | 1185335 | 40 | F | Unemployed | 3 | 4 | 180 | IBS-C | Moderate | 3 | Hard, pellet like | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy | No | 17 | Mild | 18 | Moderate | No | IBS-M | 200 | No | 15 | No |
| 121 | 1185355 | 19 | F | Unemployed | 4 | 3 | 170 | IBS-D | Mild | 4 | Watery, Porridge | No | No | No | Yes | Yes | Yes | Tea, Milk, Coffee, Fatty food | No | 25 | Moderate to Severe | 0 | No | No | No | 225 | Worsen | 31 | Worse |
| 122 | 1185417 | 18 | M | Unemployed | 3 | 4 | 180 | Ibs-C | Moderate | 3 | String like , Pellet like | No | Yes | No | Yes | No | Yes | Tea, fatty food, milk | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 250 | No | 18 | No |
| 123 | 554203 | 53 | M | Semiprofessional | 4 | 3 | 400 | IBS-D | Severe | 4 | watery, porridge | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food, Milk | No | 42 | Severe | 16 | Moderate | No | No | 300 | Improve | 16 | Improv |
| 124 | 1250663 | 35 | M | Professional | 5 | 4 | 180 | IBS-M | Moderate | 3 | watery, string like | No | Yes | No | Yes | Yes | Yes | tea, fatty food, spicy food , milk | No | 19 | Mild to Moderate | 12 | Mild | No | No | 170 | Improve | 18 | No |
| 125 | 1244084 | 60 | M | Clerical / Shop | 6 | 3 | 300 | IBS-C | Severe | 2 | String like , Hard | No | Yes | Yes | No | No | Yes | tea, coffee | No | 21 | Mild to Moderate | 20 | Severe | No | No | 250 | No | 18 | No |
| 126 | 1245506 | 52 | M | Unemployed | 4 | 2 | 275 | IBS-D | Moderate | 3 | Watery, Porridge like | No | Yes | Yes | Yes | Yes | Yes | Tea, coffee, fatty , spicy food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 310 | Improve | 25 | Worse |
| 127 | 173569 | 58 | M | Unemployed | 3 | 2 | 200 | IBS-M | Moderate | 2 | Hard, watery | No | Yes | Yes | No | Yes | No | Tea, Coffee, spicy | No | 0 | No | 15 | Moderate | No | No | 180 | No | 0 | No |
| 128 | 187913 | 45 | M | Skilled | 4 | 3 | 225 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | tea, coffee, spicy, fatty food | No | 19 | Mild to Moderate | 22 | Severe | No | No | 320 | Worsen | 16 | Improv |
| 129 | 1247975 | 62 | F | Unemployed | 5 | 5 | 350 | IBS-M | Severe | 4 | Watery, Pellet like | No | Yes | No | Yes | No | Yes | Tea, fatty food, milk | No | 26 | Moderate to Severe | 15 | Moderate | No | No | 300 | Improve | 32 | Improv |
| 130 | 1248762 | 47 | M | Semiprofessional | 6 | 6 | 225 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Tea, Coffee, Fatty food, Spicy food ,Milk | No | 22 | Mild to Moderate | 16 | Moderate | No | No | 250 | No | 24 | No |
| 131 | 1251403 | 50 | F | Skilled | 5 | 5 | 250 | IBS-M | Moderate | 5 | Watery, Porrldge | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food, spicy food | No | 50 | Severe | 15 | Moderate | No | No | 170 | Improve | 32 | No |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Chang severit depres |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 91 | 1246191 | 48 | M | Skilled | 3 | 6 | 180 | IBS-C | Moderate | 2 | Rabbit string like, hard | No | Yes | Yes | Yes | Yes | No | Spicy, fatty food, coffee | No | 0 | No | 15 | Moderate | No | No | 250 | No | 0 | No |
| 92 | 1227044 | 65 | M | Unemployed | 4 | 4 | 200 | IBS-D | Moderate | 4 | Porridge, watery | No | Yes | Yes | Yes | Yes | Yes | Milk, tea , coffee | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 275 | No | 21 | No |
| 93 | 1229181 | 54 | M | Semiskilled | 3 | 6 | 80 | IBS-M | Mild | 3 | Watery, Rabbit string like | No | Yes | No | No | No | No | Banana, Professionalshew, | No | 0 | No | 0 | No | No | IBS-D | 260 | Worsen | 21 | Worse |
| 94 | 1239232 | 55 | M | Professional | 5 | 5 | 180 | IBS-C | Moderate | 2 | String like, Hard lumpy | No | Yes | No | Yes | Yes | Yes | Coffee, fatty food, spicy food ,tea | No | 19 | Mild to Moderate | 18 | Moderate | No | No | 250 | No | 18 | No |
| 95 | 1234574 | 62 | F | Unemployed | 6 | 4 | 250 | IBS-M | Moderate | 3 | Porridge, Watery | No | No | No | Yes | Yes | Yes | Fatty food, Spicy food | No | 22 | Mild to Moderate | 20 | Severe | No | No | 325 | Worsen | 30 | Worse |
| 96 | 1220543 | 55 | M | Unemployed | 3 | 5 | 175 | IBS-D | Mild | 3 | Watery | No | Yes | Yes | Yes | No | No | Tea, Coffee, Fatty food | No | 0 | No | 14 | Moderate | No | No | 170 | No | 6 | No |
| 97 | 1238917 | 27 | M | Unemployed | 4 | 4 | 180 | IBS-C | Mild | 2 | Hard, String like | No | Yes | Yes | No | Yes | No | Tea, fatty food | No | 0 | No | 17 | Moderate | No | No | 200 | No | 0 | Improv |
| 98 | 1238783 | 45 | M | Semiprofessional | 3 | 3 | 250 | IBS-D | Moderate | 3 | Porridge, watery | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy, milk | No | 14 | Mild | 12 | Mild | No | No | 300 | No | 18 | No |
| 99 | 1231951 | 60 | M | Unemployed | 6 | 5 | 180 | IBS-M | Moderate | 2 | Watery, string like | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food, milk | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 225 | No | 24 | No |
| 100 | 1232962 | 47 | F | Unemployed | 3 | 4 | 300 | IBS-D | Severe | 4 | Watery , Porridge | No | Yes | Yes | Yes | Yes | No | tea, coffee, fatty food, spicy | No | 26 | Moderate to Severe | 11 | Mild | No | No | 250 | No | 22 | No |
| 101 | 1232312 | 60 | M | Unemployed | 4 | 3 | 150 | IBS-C | Moderate | 2 | String like, Pellet like | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food , spicy food, | No | 20 | Mild to Moderate | 14 | Moderate | No | No | 100 | No | 16 | Improv |
| 102 | 1229214 | 29 | M | Unemployed | 3 | 4 | 300 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy, | No | 19 | Mild to Moderate | 12 | Mild | No | No | 175 | Improve | 15 | Improv |
| 103 | 1213811 | 65 | F | Unemployed | 4 | 3 | 400 | IBS-D | Severe | 6 | Watery, Mushy | No | Yes | Yes | Yes | Yes | No | Tea, coffee,fatty food, spicy food | No | 15 | Mild | 20 | Severe | No | No | 275 | Improve | 16 | Improv |
| 104 | 1219067 | 65 | M | Unemployed | 3 | 3 | 255 | IBS-M | Moderate | 4 | Porridge like, Watery | No | Yes | Yes | Yes | Yes | No | Tea,coffee,fatty food,spicy food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 150 | Improve | 15 | Improv |
| 105 | 1218872 | 50 | F | Unemployed | 4 | 3 | 300 | IBS-C | Severe | 2 | Rabbit lump, string , hard | No | Yes | No | Yes | Yes | No | Fatty food , spicy food | No | 22 | Mild to Moderate | 17 | Moderate | No | No | 225 | Improve | 11 | Improv |
| 106 | 246686 | 54 | F | Unemployed | 3 | 4 | 170 | IBS-D | Mild | 3 | Mushy, porridge like, watery | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food | No | 26 | Moderate to Severe | 12 | Mild | No | No | 250 | Worsen | 28 | Worse |
| 107 | 1229336 | 45 | M | Skilled | 4 | 3 | 180 | IBS-M | Moderate | 4 | Hard, watery | No | Yes | No | Yes | Yes | No | Tea, Fatty food, spicy food | No | 24 | Mild to Moderate | 16 | Moderate | No | No | 190 | No | 26 | No |
| 108 | 1182019 | 65 | M | Unemployed | 3 | 5 | 325 | IBS-D | Severe | 3 | Watery | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food | No | 19 | Mild to | 15 | Moderate | No | IBS-M | 300 | Improve | 15 | Improv |
| 109 | 1207586 | 63 | M | Skilled | 4 | 6 | 225 | IBS-C | Moderate | 2 | Hard, lumpy , string like | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy food | No | 21 | Mild to Moderate | 15 | Moderate | No | No | 165 | Improve | 14 | Improv |
| 110 | 452868 | 38 | F | Semiprofessional | 7 | 4 | 180 | IBS-D | Moderate | 5 | Porridge, watery like | No | Yes | Yes | Yes | Yes | No | Tea, coffee , Fatty food , Spicy food | No | 16 | Mild | 17 | Moderate | No | No | 160 | Improve | 17 | Improv |
| 111 | 40641 | 60 | F | Unemployed | 3 | 5 | 350 | IBS-M | Severe | 3 | String like, Hard | No | Yes | Yes | No | No | Yes | Tea, coffee, milk | No | 19 | Mild to Moderate | 18 | Moderate | No | No | 300 | Improve | 12 | Improv |
| 112 | 1216554 | 60 | M | Semiskilled | 2 | 4 | 80 | IBS-D | Mild | 4 | Watery, Porridge | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food, spicy food | No | 6 | No | 0 | No | No | No | 175 | Worsen | 19 | Worse |
| 113 | 1213146 | 55 | M | Skilled | 3 | 6 | 325 | IBS-M | Severe | 3 | String like, pellet like | No | Yes | Yes | No | Yes | Yes | Tea, Coffee, Spicy food , Milk | No | 17 | Mild | 18 | Moderate | No | No | 250 | Improve | 11 | Mild |
| 114 | 1216492 | 50 | M | Clerical / Shop | 4 | 5 | 225 | IBS-D | Moderate | 6 | Watery, Porridge like, | No | Yes | Yes | Yes | No | Yes | Tea. Coffee, fatty food, milk | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 250 | No | 19 | No |
| 115 | 1217008 | 60 | M | Unemployed | 5 | 4 | 300 | IBS-C | Moderate | 2 | String like, pellet like | No | Yes | No | Yes | No | Yes | Tea, Fatty food, Milk | No | 15 | Mild | 17 | Moderate | No | No | 175 | Improve | 12 | Improv |
| 116 | 194989 | 40 | M | Skilled | 4 | 6 | 180 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | No | Yes | No | No | Tea, fatty food , | No | 27 | Moderate to Severe | 18 | Moderate | No | No | 200 | No | 26 | No |
| 117 | 994285 | 65 | M | Unemployed | 5 | 4 | 175 | IBS-M | Mild | 2 | String like , hard, porridge | No | No | Yes | Yes | Yes | No | Tea, coffee,fatty food ,spicy food | No | 18 | Mild to Moderate | 14 | Moderate | No | No | 300 | No | 20 | No |
| 118 | 234404 | 57 | M | Semiskilled | 4 | 5 | 80 | IBS-M | Mild | 3 | Hard, porridge like | No | Yes | Yes | Yes | No | No | tea, fatty food | No | 20 | Mild to Moderate | 0 | No | No | No | 180 | Worsen | 26 | No |
| 119 | 1184331 | 18 | F | Unemployed | 6 | 3 | 325 | IBS-D | Severe | 2 | Watery, Porridge like | No | Yes | Yes | No | Yes | No | tea, fatty food, nuts | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 150 | Improve | 16 | Improv |
| 120 | 1185335 | 40 | F | Unemployed | 3 | 4 | 180 | IBS-C | Moderate | 3 | Hard, pellet like | No | Yes | Yes | No | Yes | No | Tea, coffee, spicy | No | 17 | Mild | 18 | Moderate | No | IBS-M | 200 | No | 15 | No |
| 121 | 1185355 | 19 | F | Unemployed | 4 | 3 | 170 | IBS-D | Mild | 4 | Watery, Porridge | No | No | No | Yes | Yes | Yes | Tea, Milk, Coffee, Fatty food | No | 25 | Moderate to Severe | 0 | No | No | No | 225 | Worsen | 31 | No |
| 122 | 1185417 | 18 | M | Unemployed | 3 | 4 | 180 | Ibs-C | Moderate | 3 | String like , Pellet like | No | Yes | No | Yes | No | Yes | Tea, fatty food, milk | No | 19 | Mild to Moderate | 15 | Moderate | No | No | 250 | No | 18 | No |
| 123 | 554203 | 53 | M | Semiprofessional | 4 | 3 | 400 | IBS-D | Severe | 4 | watery, porridge | No | Yes | No | Yes | Yes | Yes | Tea, fatty food, spicy food, Milk | No | 42 | Severe | 16 | Moderate | No | No | 300 | Improve | 16 | Improv |
| 124 | 1250663 | 35 | M | Professional | 5 | 4 | 180 | IBS-M | Moderate | 3 | watery, string like | No | Yes | No | Yes | Yes | Yes | tea, fatty food, spicy food , milk | No | 19 | Mild to Moderate | 12 | Mild | No | No | 170 | Improve | 18 | No |
| 125 | 1244084 | 60 | M | Clerical / Shop | 6 | 3 | 300 | IBS-C | Severe | 2 | String like , Hard | No | Yes | Yes | No | No | Yes | tea, coffee | No | 21 | Mild to Moderate | 20 | Severe | No | No | 250 | No | 18 | No |
| 126 | 1245506 | 52 | M | Unemployed | 4 | 2 | 275 | IBS-D | Moderate | 3 | Watery, Porridge like | No | Yes | Yes | Yes | Yes | Yes | Tea, coffee, fatty , spicy food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 310 | Improve | 25 | Worse |
| 127 | 173569 | 58 | M | Unemployed | 3 | 2 | 200 | IBS-M | Moderate | 2 | Hard, watery | No | Yes | Yes | No | Yes | No | Tea, Coffee, spicy | No | 0 | No | 15 | Moderate | No | No | 180 | No | 0 | No |
| 128 | 187913 | 45 | M | Skilled | 4 | 3 | 225 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | tea, coffee, spicy, fatty food | No | 19 | Mild to Moderate | 22 | Severe | No | No | 320 | Worsen | 16 | Improv |
| 129 | 1247975 | 62 | F | Unemployed | 5 | 5 | 350 | IBS-M | Severe | 4 | Watery, Pellet like | No | Yes | No | Yes | No | Yes | Tea, fatty food, milk | No | 26 | Moderate to Severe | 15 | Moderate | No | No | 300 | Improve | 32 | Improv |
| 130 | 1248762 | 47 | M | Semiprofessional | 6 | 6 | 225 | IBS-D | Moderate | 3 | Watery, Porridge | No | Yes | Yes | Yes | Yes | Yes | Tea, Coffee, Fatty food, Spicy food ,Milk | No | 22 | Mild to Moderate | 16 | Moderate | No | No | 250 | No | 24 | No |
| 131 | 1251403 | 50 | F | Skilled | 5 | 5 | 250 | IBS-M | Moderate | 5 | Watery, Porrldge | No | Yes | Yes | Yes | Yes | No | Tea, coffee, fatty food, spicy food | No | 50 | Severe | 15 | Moderate | No | No | 170 | Improve | 32 | Worse |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 132 | 1179692 | 54 | M | Clerical / Shop | 5 | 4 | 300 | IBS-M | Moderate | 6 | String like, Rabbit pellet | No | Yes | Yes | Yes | Yes | Yes | Tea, coffee, Fatty food, Spicy food | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 310 |
| 133 | 1179762 | 60 | F | Unemployed | 4 | 5 | 270 | IBS-D | Moderate | 4 | Watery, Porridge like | No | No | Yes | No | No | Yes | Tea, Coffee, Milk | No | 0 | No | 12 | Mild | No | No | 180 |
| 134 | 1018629 | 48 | M | Clerical / Shop | 5 | 4 | 325 | IBS-M | Severe | 3 | Watery , String like | No | Yes | No | Yes | Yes | No | Tea, Fatty Food, Spicy food | No | 19 | Mild to Moderate | 16 | Moderate | No | No | 300 |
| 135 | 1126532 | 60 | M | Semiskilled | 4 | 3 | 250 | IBS-D | Moderate | 5 | Watery, Porridge like | No | Yes | No | Yes | Yes | Yes | Tea, Fatty food, Spicy food , Milk | No | 0 | No | 15 | Moderate | No | No | 150 |
| 136 | 11231951 | 45 | F | Skilled | 3 | 2 | 175 | IBS-M | Mild | 3 | Watery, Rabbit pellet like, Hard | No | Yes | No | Yes | Yes | No | Tea, Fatty food, Spicy | No | 0 | No | 0 | No | No | No | 180 |
| 137 | 1229553 | 27 | M | Clerical / Shop | 5 | 3 | 250 | IBS-C | Moderate | 2 | Pellet like, String like, Hard | No | Yes | No | No | No | Yes | milk, tea | No | 19 | Mild to Moderate | 15 | Moderate | No | IBS-M | 190 |
| 138 | 1229706 | 50 | M | Semiprofessional | 6 | 5 | 220 | IBS-M | Moderate | 3 | Mushy, Liquid | No | Yes | Yes | Yes | No | Yes | Tea, Coffee, Fatty Food, Milk | No | 28 | Moderate to Severe | 12 | Mild | No | No | 250 |
| 139 | 820410 | 47 | F | Semiprofessional | 4 | 6 | 160 | IBS-D | Mild | 4 | Liquid, Porridge | No | Yes | Yes | Yes | No | No | Tea, Coffee, Fatty food, | No | 0 | No | 0 | No | No | No | 180 |
| 140 | 1229536 | 65 | F | Skilled | 3 | 3 | 180 | IBS-M | Moderate | 3 | hard, String like | No | Yes | Yes | Yes | No | No | tea, coffee,fatty food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 160 |
| 141 | 791124 | 56 | M | Unemployed | 5 | 4 | 250 | IBS-D | Moderate | 4 | Liquid, Watery | No | Yes | Yes | Yes | Yes | Yes | tea, coffee, fatty food, spicy food , milk | No | 18 | Mild to Moderate | 16 | Moderate | No | No | 310 |
| 142 | 69025 | 55 | F | Unemployed | 3 | 3 | 170 | IBS-C | Mild | 3 | String like, Hard , Pellet like | No | Yes | Yes | Yes | Yes | Yes | Tea,coffee, fatty , milk , spicy food | No | 19 | Mild to Moderate | 12 | Mild | No | No | 250 |
| 143 | 4343 | 65 | M | Skilled | 4 | 4 | 250 | IBS-M | Moderate | 4 | Hard, String like , Porridge like | No | Yes | Yes | Yes | Yes | Yes | Tea , coffee, fatty food, spicy food, milk | No | 0 | No | 16 | Moderate | No | No | 175 |
| 144 | 1221390 | 54 | M | Semiprofessional | 3 | 3 | 220 | IBS-D | Moderate | 5 | Porridge like, Watery | No | Yes | Yes | Yes | Yes | No | tea , coffee, fatty food , spicy food | No | 25 | Moderate to Severe | 15 | Moderate | No | No | 180 |
| 145 | 1201958 | 33 | M | Clerical / Shop | 5 | 5 | 325 | IBS-M | Severe | 6 | Watery, Porridge | No | Yes | Yes | No | No | Yes | tea, coffee, milk | No | 39 | Severe | 18 | Moderate | No | No | 300 |
| 146 | 1222144 | 50 | M | Clerical / Shop | 4 | 6 | 250 | IBS-M | Moderate | 5 | Watery, Mushy, String like , hard | No | Yes | Yes | No | No | Yes | tea, coffee, milk | No | 14 | Mild | 15 | Moderate | No | No | 310 |
| 147 | 1222108 | 26 | M | Unemployed | 6 | 4 | 180 | IBS-D | Moderate | 3 | Watery, mushy, Porridge like | No | Yes | Yes | Yes | No | Yes | tea, coffee, fatty food, milk | No | 27 | Moderate to Severe | 14 | Moderate | No | No | 250 |
| 148 | 1222083 | 30 | M | Semiprofessional | 5 | 5 | 150 | IBS-M | Mild | 2 | watery, String like, Hard | No | Yes | Yes | Yes | Yes | No | Tea, coffee, Fatty food, spicy food | No | 14 | Mild | 12 | Mild | No | No | 300 |
| 149 | 1222674 | 54 | F | Unemployed | 4 | 4 | 275 | IBS-C | Moderate | 1 | Hard , String like , Pellet like | No | Yes | Yes | No | No | Yes | milk, Tea | No | 12 | Mild | 16 | Moderate | No | No | 170 |
| 150 | 1222657 | 29 | M | Unemployed | 3 | 5 | 180 | IBS-D | Moderate | 4 | Watery, Mushy Type 6Type 6 | No | Yes | Yes | Yes | Yes | Yes | milk , tea , coffee, Fatty food , spicy food | No | 28 | Moderate to Severe | 14 | Moderate | No | IBS-M | 300 |
| **CONTROLS** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | | 50 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 3 | No | | | |
| 2 | | 53 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 10 | Mild | 9 | Mild | | | |
| 3 | | 45 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | No | No | | | 0 | No | 0 | No | | | |
| 4 | | 45 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | No | No | | | 10 | Mild | 0 | No | | | |
| 5 | | 55 | F | Unemployed | | | | | | | | | No | Yes | No | No | No | | | 0 | No | 17 | Moderate | | | |
| 6 | | 40 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | |
| 7 | | 50 | F | Clerical / Shop | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | |
| 8 | | 60 | M | Unemployed | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | |
| 9 | | 56 | M | Semiprofessional | | | | | | | | | No | Yes | Yes | No | No | | | 0 | No | 12 | Mild | | | |
| 10 | | 30 | M | Professional | | | | | | | | | No | Yes | No | Yes | No | | | 21 | Mild to | 0 | No | | | |
| 11 | | 45 | F | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 12 | Mild | | | |
| 12 | | 40 | F | Unemployed | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | |
| 13 | | 18 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | |
| 14 | | 47 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 23 | Mild to | 11 | Mild | | | |
| 15 | | 18 | M | Unemployed | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | |
| 16 | | 43 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | |
| 17 | | 38 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | Yes | No | | | 14 | Mild | 0 | No | | | |
| 18 | | 40 | F | Unemployed | | | | | | | | | Yes | No | Yes | Yes | No | | | 0 | No | 17 | Moderate | | | |
| 19 | | 35 | M | Clerical / Shop | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | |
| 20 | | 30 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 15 | Moderate | | | |
| 21 | | 55 | F | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | |
| 22 | | 65 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 0 | No | 18 | Moderate | | | |
| 23 | | 32 | F | Semiskilled | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 40 | Severe | 0 | No | | | |
| 24 | | 59 | M | Professional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | |
| 25 | | 42 | M | Semiskilled | | | | | | | | | Yes | No | No | Yes | No | | | 20 | Mild to | 0 | No | | | |
| 26 | | 29 | M | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | |
| 27 | | 30 | F | Unemployed | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | |
| 28 | | 25 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 0 | No | | | |
| 29 | | 55 | F | Unemployed | | | | | | | | | Yes | No | Yes | No | Yes | | | 22 | Mild to | 12 | Mild | | | |
| 30 | | 50 | F | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 15 | Moderate | | | |
| 31 | | 55 | M | Professional | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | |
| 32 | | 65 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 18 | Moderate | | | |
| 33 | | 40 | M | Semiskilled | | | | | | | | | Yes | Yes | No | No | No | | | 22 | Mild to | 0 | No | | | |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 132 | 1179692 | 54 | M | Clerical / Shop | 5 | 4 | 300 | IBS-M | Moderate | 6 | String like, Rabbit pellet | No | Yes | Yes | Yes | Yes | Yes | Tea, coffee, Fatty food, Spicy food | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 310 | Worsen |
| 133 | 1179762 | 60 | F | Unemployed | 4 | 5 | 270 | IBS-D | Moderate | 4 | Watery, Porridge like | No | No | Yes | No | No | Yes | Tea, Coffee, Milk | No | 0 | No | 12 | Mild | No | No | 180 | No |
| 134 | 1018629 | 48 | M | Clerical / Shop | 5 | 4 | 325 | IBS-M | Severe | 3 | Watery , String like | No | Yes | No | Yes | Yes | No | Tea, Fatty Food, Spicy food | No | 19 | Mild to Moderate | 16 | Moderate | No | No | 300 | Improve |
| 135 | 1126532 | 60 | M | Semiskilled | 4 | 3 | 250 | IBS-D | Moderate | 5 | Watery, Porridge like | No | Yes | No | Yes | Yes | Yes | Tea, Fatty food, Spicy food , Milk | No | 0 | No | 15 | Moderate | No | No | 150 | Improve |
| 136 | 11231951 | 45 | F | Skilled | 3 | 2 | 175 | IBS-M | Mild | 3 | Watery, Rabbit pellet like, Hard | No | Yes | No | Yes | Yes | No | Tea, Fatty food, Spicy | No | 0 | No | 0 | No | No | No | 180 | Worsen |
| 137 | 1229553 | 27 | M | Clerical / Shop | 5 | 3 | 250 | IBS-C | Moderate | 2 | Pellet like, String like, Hard | No | Yes | No | No | No | Yes | milk, tea | No | 19 | Mild to Moderate | 15 | Moderate | No | IBS-M | 190 | No |
| 138 | 1229706 | 50 | M | Semiprofessional | 6 | 5 | 220 | IBS-M | Moderate | 3 | Mushy, Liquid | No | Yes | Yes | Yes | No | Yes | Tea, Coffee, Fatty Food, Milk | No | 28 | Moderate to Severe | 12 | Mild | No | No | 250 | No |
| 139 | 820410 | 47 | F | Semiprofessional | 4 | 6 | 160 | IBS-D | Mild | 4 | Liquid, Porridge | No | Yes | Yes | Yes | No | No | Tea, Coffee, Fatty food, | No | 0 | No | 0 | No | No | No | 180 | Worsen |
| 140 | 1229536 | 65 | F | Skilled | 3 | 3 | 180 | IBS-M | Moderate | 3 | hard, String like | No | Yes | Yes | Yes | No | No | tea, coffee,fatty food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 160 | Improve |
| 141 | 791124 | 56 | M | Unemployed | 5 | 4 | 250 | IBS-D | Moderate | 4 | Liquid, Watery | No | Yes | Yes | Yes | Yes | Yes | tea, coffee, fatty food, spicy food , milk | No | 18 | Mild to Moderate | 16 | Moderate | No | No | 310 | Improve |
| 142 | 69025 | 55 | F | Unemployed | 3 | 3 | 170 | IBS-C | Mild | 3 | String like, Hard , Pellet like | No | Yes | Yes | Yes | Yes | Yes | Tea,coffee, fatty , milk , spicy food | No | 19 | Mild to Moderate | 12 | Mild | No | No | 250 | Worsen |
| 143 | 4343 | 65 | M | Skilled | 4 | 4 | 250 | IBS-M | Moderate | 4 | Hard, String like , Porridge like | No | Yes | Yes | Yes | Yes | Yes | Tea , coffee, fatty food, spicy food, milk | No | 0 | No | 16 | Moderate | No | No | 175 | Improve |
| 144 | 1221390 | 54 | M | Semiprofessional | 3 | 3 | 220 | IBS-D | Moderate | 5 | Porridge like, Watery | No | Yes | Yes | Yes | Yes | No | tea , coffee, fatty food , spicy food | No | 25 | Moderate to Severe | 15 | Moderate | No | No | 180 | No |
| 145 | 1201958 | 33 | M | Clerical / Shop | 5 | 5 | 325 | IBS-M | Severe | 6 | Watery, Porridge | No | Yes | Yes | No | No | Yes | tea, coffee, milk | No | 39 | Severe | 18 | Moderate | No | No | 300 | Improve |
| 146 | 1222144 | 50 | M | Clerical / Shop | 4 | 6 | 250 | IBS-M | Moderate | 5 | Watery, Mushy, String like , hard | No | Yes | Yes | No | No | Yes | tea, coffee, milk | No | 14 | Mild | 15 | Moderate | No | No | 310 | Worsen |
| 147 | 1222108 | 26 | M | Unemployed | 6 | 4 | 180 | IBS-D | Moderate | 3 | Watery, mushy, Porridge like | No | Yes | Yes | Yes | No | Yes | tea, coffee, fatty food, milk | No | 27 | Moderate to Severe | 14 | Moderate | No | No | 250 | No |
| 148 | 1222083 | 30 | M | Semiprofessional | 5 | 5 | 150 | IBS-M | Mild | 2 | watery, String like, Hard | No | Yes | Yes | Yes | Yes | No | Tea, coffee, Fatty food, spicy food | No | 14 | Mild | 12 | Mild | No | No | 300 | Worsen |
| 149 | 1222674 | 54 | F | Unemployed | 4 | 4 | 275 | IBS-C | Moderate | 1 | Hard , String like , Pellet like | No | Yes | Yes | No | No | Yes | milk, Tea | No | 12 | Mild | 16 | Moderate | No | No | 170 | Improve |
| 150 | 1222657 | 29 | M | Unemployed | 3 | 5 | 180 | IBS-D | Moderate | 4 | Watery, Mushy Type 6Type 6 | No | Yes | Yes | Yes | Yes | Yes | milk , tea , coffee, Fatty food , spicy food | No | 28 | Moderate to Severe | 14 | Moderate | No | IBS-M | 300 | No |
| **CONTROLS** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | | 50 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 3 | No | | | | |
| 2 | | 53 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 10 | Mild | 9 | Mild | | | | |
| 3 | | 45 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | No | No | | | 0 | No | 0 | No | | | | |
| 4 | | 45 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | No | No | | | 10 | Mild | 0 | No | | | | |
| 5 | | 55 | F | Unemployed | | | | | | | | | No | Yes | No | No | No | | | 0 | No | 17 | Moderate | | | | |
| 6 | | 40 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | |
| 7 | | 50 | F | Clerical / Shop | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | |
| 8 | | 60 | M | Unemployed | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | |
| 9 | | 56 | M | Semiprofessional | | | | | | | | | No | Yes | Yes | No | No | | | 0 | No | 12 | Mild | | | | |
| 10 | | 30 | M | Professional | | | | | | | | | No | Yes | No | Yes | No | | | 21 | Mild to | 0 | No | | | | |
| 11 | | 45 | F | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 12 | Mild | | | | |
| 12 | | 40 | F | Unemployed | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | |
| 13 | | 18 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | |
| 14 | | 47 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 23 | Mild to | 11 | Mild | | | | |
| 15 | | 18 | M | Unemployed | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | |
| 16 | | 43 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | |
| 17 | | 38 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | Yes | No | | | 14 | Mild | 0 | No | | | | |
| 18 | | 40 | F | Unemployed | | | | | | | | | Yes | No | Yes | Yes | No | | | 0 | No | 17 | Moderate | | | | |
| 19 | | 35 | M | Clerical / Shop | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | |
| 20 | | 30 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 15 | Moderate | | | | |
| 21 | | 55 | F | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | |
| 22 | | 65 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 0 | No | 18 | Moderate | | | | |
| 23 | | 32 | F | Semiskilled | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 40 | Severe | 0 | No | | | | |
| 24 | | 59 | M | Professional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | |
| 25 | | 42 | M | Semiskilled | | | | | | | | | Yes | No | No | Yes | No | | | 20 | Mild to | 0 | No | | | | |
| 26 | | 29 | M | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | |
| 27 | | 30 | F | Unemployed | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | |
| 28 | | 25 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | |
| 29 | | 55 | F | Unemployed | | | | | | | | | Yes | No | Yes | No | Yes | | | 22 | Mild to | 12 | Mild | | | | |
| 30 | | 50 | F | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 15 | Moderate | | | | |
| 31 | | 55 | M | Professional | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | |
| 32 | | 65 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 18 | Moderate | | | | |
| 33 | | 40 | M | Semiskilled | | | | | | | | | Yes | Yes | No | No | No | | | 22 | Mild to | 0 | No | | | | |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 132 | 1179692 | 54 | M | Clerical / Shop | 5 | 4 | 300 | IBS-M | Moderate | 6 | String like, Rabbit pellet | No | Yes | Yes | Yes | Yes | Yes | Tea, coffee, Fatty food, Spicy food | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 310 | Worsen | 16 |
| 133 | 1179762 | 60 | F | Unemployed | 4 | 5 | 270 | IBS-D | Moderate | 4 | Watery, Porridge like | No | No | Yes | No | No | Yes | Tea, Coffee, Milk | No | 0 | No | 12 | Mild | No | No | 180 | No | 0 |
| 134 | 1018629 | 48 | M | Clerical / Shop | 5 | 4 | 325 | IBS-M | Severe | 3 | Watery , String like | No | Yes | No | Yes | Yes | No | Tea, Fatty Food, Spicy food | No | 19 | Mild to Moderate | 16 | Moderate | No | No | 300 | Improve | 12 |
| 135 | 1126532 | 60 | M | Semiskilled | 4 | 3 | 250 | IBS-D | Moderate | 5 | Watery, Porridge like | No | Yes | No | Yes | Yes | Yes | Tea, Fatty food, Spicy food , Milk | No | 0 | No | 15 | Moderate | No | No | 150 | Improve | 0 |
| 136 | 11231951 | 45 | F | Skilled | 3 | 2 | 175 | IBS-M | Mild | 3 | Watery, Rabbit pellet like, Hard | No | Yes | No | Yes | Yes | No | Tea, Fatty food, Spicy | No | 0 | No | 0 | No | No | No | 180 | Worsen | 0 |
| 137 | 1229553 | 27 | M | Clerical / Shop | 5 | 3 | 250 | IBS-C | Moderate | 2 | Pellet like, String like, Hard | No | Yes | No | No | No | Yes | milk, tea | No | 19 | Mild to Moderate | 15 | Moderate | No | IBS-M | 190 | No | 15 |
| 138 | 1229706 | 50 | M | Semiprofessional | 6 | 5 | 220 | IBS-M | Moderate | 3 | Mushy, Liquid | No | Yes | Yes | Yes | No | Yes | Tea, Coffee, Fatty Food, Milk | No | 28 | Moderate to Severe | 12 | Mild | No | No | 250 | No | 28 |
| 139 | 820410 | 47 | F | Semiprofessional | 4 | 6 | 160 | IBS-D | Mild | 4 | Liquid, Porridge | No | Yes | Yes | Yes | No | No | Tea, Coffee, Fatty food, | No | 0 | No | 0 | No | No | No | 180 | Worsen | 0 |
| 140 | 1229536 | 65 | F | Skilled | 3 | 3 | 180 | IBS-M | Moderate | 3 | hard, String like | No | Yes | Yes | Yes | No | No | tea, coffee,fatty food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 160 | Improve | 12 |
| 141 | 791124 | 56 | M | Unemployed | 5 | 4 | 250 | IBS-D | Moderate | 4 | Liquid, Watery | No | Yes | Yes | Yes | Yes | Yes | tea, coffee, fatty food, spicy food , milk | No | 18 | Mild to Moderate | 16 | Moderate | No | No | 310 | Improve | 21 |
| 142 | 69025 | 55 | F | Unemployed | 3 | 3 | 170 | IBS-C | Mild | 3 | String like, Hard , Pellet like | No | Yes | Yes | Yes | Yes | Yes | Tea,coffee, fatty , milk , spicy food | No | 19 | Mild to Moderate | 12 | Mild | No | No | 250 | Worsen | 16 |
| 143 | 4343 | 65 | M | Skilled | 4 | 4 | 250 | IBS-M | Moderate | 4 | Hard, String like , Porridge like | No | Yes | Yes | Yes | Yes | Yes | Tea , coffee, fatty food, spicy food, milk | No | 0 | No | 16 | Moderate | No | No | 175 | Improve | 0 |
| 144 | 1221390 | 54 | M | Semiprofessional | 3 | 3 | 220 | IBS-D | Moderate | 5 | Porridge like, Watery | No | Yes | Yes | Yes | Yes | No | tea , coffee, fatty food , spicy food | No | 25 | Moderate to Severe | 15 | Moderate | No | No | 180 | No | 28 |
| 145 | 1201958 | 33 | M | Clerical / Shop | 5 | 5 | 325 | IBS-M | Severe | 6 | Watery, Porridge | No | Yes | Yes | No | No | Yes | tea, coffee, milk | No | 39 | Severe | 18 | Moderate | No | No | 300 | Improve | 26 |
| 146 | 1222144 | 50 | M | Clerical / Shop | 4 | 6 | 250 | IBS-M | Moderate | 5 | Watery, Mushy, String like , hard | No | Yes | Yes | No | No | Yes | tea, coffee, milk | No | 14 | Mild | 15 | Moderate | No | No | 310 | Worsen | 21 |
| 147 | 1222108 | 26 | M | Unemployed | 6 | 4 | 180 | IBS-D | Moderate | 3 | Watery, mushy, Porridge like | No | Yes | Yes | Yes | No | Yes | tea, coffee, fatty food, milk | No | 27 | Moderate to Severe | 14 | Moderate | No | No | 250 | No | 26 |
| 148 | 1222083 | 30 | M | Semiprofessional | 5 | 5 | 150 | IBS-M | Mild | 2 | watery, String like, Hard | No | Yes | Yes | Yes | Yes | No | Tea, coffee, Fatty food, spicy food | No | 14 | Mild | 12 | Mild | No | No | 300 | Worsen | 21 |
| 149 | 1222674 | 54 | F | Unemployed | 4 | 4 | 275 | IBS-C | Moderate | 1 | Hard , String like , Pellet like | No | Yes | Yes | No | No | Yes | milk, Tea | No | 12 | Mild | 16 | Moderate | No | No | 170 | Improve | 16 |
| 150 | 1222657 | 29 | M | Unemployed | 3 | 5 | 180 | IBS-D | Moderate | 4 | Watery, Mushy Type 6Type 6 | No | Yes | Yes | Yes | Yes | Yes | milk , tea , coffee, Fatty food , spicy food | No | 28 | Moderate to Severe | 14 | Moderate | No | IBS-M | 300 | No | 27 |
| **CONTROLS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | | 50 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 3 | No | | | | | |
| 2 | | 53 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 10 | Mild | 9 | Mild | | | | | |
| 3 | | 45 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | No | No | | | 0 | No | 0 | No | | | | | |
| 4 | | 45 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | No | No | | | 10 | Mild | 0 | No | | | | | |
| 5 | | 55 | F | Unemployed | | | | | | | | | No | Yes | No | No | No | | | 0 | No | 17 | Moderate | | | | | |
| 6 | | 40 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 7 | | 50 | F | Clerical / Shop | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | |
| 8 | | 60 | M | Unemployed | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 9 | | 56 | M | Semiprofessional | | | | | | | | | No | Yes | Yes | No | No | | | 0 | No | 12 | Mild | | | | | |
| 10 | | 30 | M | Professional | | | | | | | | | No | Yes | No | Yes | No | | | 21 | Mild to | 0 | No | | | | | |
| 11 | | 45 | F | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 12 | Mild | | | | | |
| 12 | | 40 | F | Unemployed | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 13 | | 18 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 14 | | 47 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 23 | Mild to | 11 | Mild | | | | | |
| 15 | | 18 | M | Unemployed | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 16 | | 43 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | | |
| 17 | | 38 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | Yes | No | | | 14 | Mild | 0 | No | | | | | |
| 18 | | 40 | F | Unemployed | | | | | | | | | Yes | No | Yes | Yes | No | | | 0 | No | 17 | Moderate | | | | | |
| 19 | | 35 | M | Clerical / Shop | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | | |
| 20 | | 30 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 15 | Moderate | | | | | |
| 21 | | 55 | F | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | |
| 22 | | 65 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 0 | No | 18 | Moderate | | | | | |
| 23 | | 32 | F | Semiskilled | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 40 | Severe | 0 | No | | | | | |
| 24 | | 59 | M | Professional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 25 | | 42 | M | Semiskilled | | | | | | | | | Yes | No | No | Yes | No | | | 20 | Mild to | 0 | No | | | | | |
| 26 | | 29 | M | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | | |
| 27 | | 30 | F | Unemployed | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | | |
| 28 | | 25 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | |
| 29 | | 55 | F | Unemployed | | | | | | | | | Yes | No | Yes | No | Yes | | | 22 | Mild to | 12 | Mild | | | | | |
| 30 | | 50 | F | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 15 | Moderate | | | | | |
| 31 | | 55 | M | Professional | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | | |
| 32 | | 65 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 18 | Moderate | | | | | |
| 33 | | 40 | M | Semiskilled | | | | | | | | | Yes | Yes | No | No | No | | | 22 | Mild to | 0 | No | | | | | |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Follow up HA D scor |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 132 | 1179692 | 54 | M | Clerical / Shop | 5 | 4 | 300 | IBS-M | Moderate | 6 | String like, Rabbit pellet | No | Yes | Yes | Yes | Yes | Yes | Tea, coffee, Fatty food, Spicy food | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 310 | Worsen | 16 | 12 |
| 133 | 1179762 | 60 | F | Unemployed | 4 | 5 | 270 | IBS-D | Moderate | 4 | Watery, Porridge like | No | No | Yes | No | No | Yes | Tea, Coffee, Milk | No | 0 | No | 12 | Mild | No | No | 180 | No | 0 | 11 |
| 134 | 1018629 | 48 | M | Clerical / Shop | 5 | 4 | 325 | IBS-M | Severe | 3 | Watery , String like | No | Yes | No | Yes | Yes | No | Tea, Fatty Food, Spicy food | No | 19 | Mild to Moderate | 16 | Moderate | No | No | 300 | Improve | 12 | 11 |
| 135 | 1126532 | 60 | M | Semiskilled | 4 | 3 | 250 | IBS-D | Moderate | 5 | Watery, Porridge like | No | Yes | No | Yes | Yes | Yes | Tea, Fatty food, Spicy food , Milk | No | 0 | No | 15 | Moderate | No | No | 150 | Improve | 0 | 12 |
| 136 | 11231951 | 45 | F | Skilled | 3 | 2 | 175 | IBS-M | Mild | 3 | Watery, Rabbit pellet like, Hard | No | Yes | No | Yes | Yes | No | Tea, Fatty food, Spicy | No | 0 | No | 0 | No | No | No | 180 | Worsen | 0 | 0 |
| 137 | 1229553 | 27 | M | Clerical / Shop | 5 | 3 | 250 | IBS-C | Moderate | 2 | Pellet like, String like, Hard | No | Yes | No | No | No | Yes | milk, tea | No | 19 | Mild to Moderate | 15 | Moderate | No | IBS-M | 190 | No | 15 | 7 |
| 138 | 1229706 | 50 | M | Semiprofessional | 6 | 5 | 220 | IBS-M | Moderate | 3 | Mushy, Liquid | No | Yes | Yes | Yes | No | Yes | Tea, Coffee, Fatty Food, Milk | No | 28 | Moderate to Severe | 12 | Mild | No | No | 250 | No | 28 | 12 |
| 139 | 820410 | 47 | F | Semiprofessional | 4 | 6 | 160 | IBS-D | Mild | 4 | Liquid, Porridge | No | Yes | Yes | Yes | No | No | Tea, Coffee, Fatty food, | No | 0 | No | 0 | No | No | No | 180 | Worsen | 0 | 0 |
| 140 | 1229536 | 65 | F | Skilled | 3 | 3 | 180 | IBS-M | Moderate | 3 | hard, String like | No | Yes | Yes | Yes | No | No | tea, coffee,fatty food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 160 | Improve | 12 | 13 |
| 141 | 791124 | 56 | M | Unemployed | 5 | 4 | 250 | IBS-D | Moderate | 4 | Liquid, Watery | No | Yes | Yes | Yes | Yes | Yes | tea, coffee, fatty food, spicy food , milk | No | 18 | Mild to Moderate | 16 | Moderate | No | No | 310 | Improve | 21 | 16 |
| 142 | 69025 | 55 | F | Unemployed | 3 | 3 | 170 | IBS-C | Mild | 3 | String like, Hard , Pellet like | No | Yes | Yes | Yes | Yes | Yes | Tea,coffee, fatty , milk , spicy food | No | 19 | Mild to Moderate | 12 | Mild | No | No | 250 | Worsen | 16 | 6 |
| 143 | 4343 | 65 | M | Skilled | 4 | 4 | 250 | IBS-M | Moderate | 4 | Hard, String like , Porridge like | No | Yes | Yes | Yes | Yes | Yes | Tea , coffee, fatty food, spicy food, milk | No | 0 | No | 16 | Moderate | No | No | 175 | Improve | 0 | 9 |
| 144 | 1221390 | 54 | M | Semiprofessional | 3 | 3 | 220 | IBS-D | Moderate | 5 | Porridge like, Watery | No | Yes | Yes | Yes | Yes | No | tea , coffee, fatty food , spicy food | No | 25 | Moderate to Severe | 15 | Moderate | No | No | 180 | No | 28 | 16 |
| 145 | 1201958 | 33 | M | Clerical / Shop | 5 | 5 | 325 | IBS-M | Severe | 6 | Watery, Porridge | No | Yes | Yes | No | No | Yes | tea, coffee, milk | No | 39 | Severe | 18 | Moderate | No | No | 300 | Improve | 26 | 11 |
| 146 | 1222144 | 50 | M | Clerical / Shop | 4 | 6 | 250 | IBS-M | Moderate | 5 | Watery, Mushy, String like , hard | No | Yes | Yes | No | No | Yes | tea, coffee, milk | No | 14 | Mild | 15 | Moderate | No | No | 310 | Worsen | 21 | 19 |
| 147 | 1222108 | 26 | M | Unemployed | 6 | 4 | 180 | IBS-D | Moderate | 3 | Watery, mushy, Porridge like | No | Yes | Yes | Yes | No | Yes | tea, coffee, fatty food, milk | No | 27 | Moderate to Severe | 14 | Moderate | No | No | 250 | No | 26 | 16 |
| 148 | 1222083 | 30 | M | Semiprofessional | 5 | 5 | 150 | IBS-M | Mild | 2 | watery, String like, Hard | No | Yes | Yes | Yes | Yes | No | Tea, coffee, Fatty food, spicy food | No | 14 | Mild | 12 | Mild | No | No | 300 | Worsen | 21 | 15 |
| 149 | 1222674 | 54 | F | Unemployed | 4 | 4 | 275 | IBS-C | Moderate | 1 | Hard , String like , Pellet like | No | Yes | Yes | No | No | Yes | milk, Tea | No | 12 | Mild | 16 | Moderate | No | No | 170 | Improve | 16 | 10 |
| 150 | 1222657 | 29 | M | Unemployed | 3 | 5 | 180 | IBS-D | Moderate | 4 | Watery, Mushy Type 6Type 6 | No | Yes | Yes | Yes | Yes | Yes | milk , tea , coffee, Fatty food , spicy food | No | 28 | Moderate to Severe | 14 | Moderate | No | IBS-M | 300 | No | 27 | 15 |
| **CONTROLS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | | 50 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 3 | No | | | | | | |
| 2 | | 53 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 10 | Mild | 9 | Mild | | | | | | |
| 3 | | 45 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | No | No | | | 0 | No | 0 | No | | | | | | |
| 4 | | 45 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | No | No | | | 10 | Mild | 0 | No | | | | | | |
| 5 | | 55 | F | Unemployed | | | | | | | | | No | Yes | No | No | No | | | 0 | No | 17 | Moderate | | | | | | |
| 6 | | 40 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 7 | | 50 | F | Clerical / Shop | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 8 | | 60 | M | Unemployed | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 9 | | 56 | M | Semiprofessional | | | | | | | | | No | Yes | Yes | No | No | | | 0 | No | 12 | Mild | | | | | | |
| 10 | | 30 | M | Professional | | | | | | | | | No | Yes | No | Yes | No | | | 21 | Mild to | 0 | No | | | | | | |
| 11 | | 45 | F | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 12 | Mild | | | | | | |
| 12 | | 40 | F | Unemployed | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 13 | | 18 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 14 | | 47 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 23 | Mild to | 11 | Mild | | | | | | |
| 15 | | 18 | M | Unemployed | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 16 | | 43 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 17 | | 38 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | Yes | No | | | 14 | Mild | 0 | No | | | | | | |
| 18 | | 40 | F | Unemployed | | | | | | | | | Yes | No | Yes | Yes | No | | | 0 | No | 17 | Moderate | | | | | | |
| 19 | | 35 | M | Clerical / Shop | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 20 | | 30 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 15 | Moderate | | | | | | |
| 21 | | 55 | F | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | | |
| 22 | | 65 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 0 | No | 18 | Moderate | | | | | | |
| 23 | | 32 | F | Semiskilled | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 40 | Severe | 0 | No | | | | | | |
| 24 | | 59 | M | Professional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 25 | | 42 | M | Semiskilled | | | | | | | | | Yes | No | No | Yes | No | | | 20 | Mild to | 0 | No | | | | | | |
| 26 | | 29 | M | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 27 | | 30 | F | Unemployed | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 28 | | 25 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 29 | | 55 | F | Unemployed | | | | | | | | | Yes | No | Yes | No | Yes | | | 22 | Mild to | 12 | Mild | | | | | | |
| 30 | | 50 | F | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 15 | Moderate | | | | | | |
| 31 | | 55 | M | Professional | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 32 | | 65 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 18 | Moderate | | | | | | |
| 33 | | 40 | M | Semiskilled | | | | | | | | | Yes | Yes | No | No | No | | | 22 | Mild to | 0 | No | | | | | | |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Chang severit anxiet |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 132 | 1179692 | 54 | M | Clerical / Shop | 5 | 4 | 300 | IBS-M | Moderate | 6 | String like, Rabbit pellet | No | Yes | Yes | Yes | Yes | Yes | Tea, coffee, Fatty food, Spicy food | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 310 | Worsen | 16 | Improv |
| 133 | 1179762 | 60 | F | Unemployed | 4 | 5 | 270 | IBS-D | Moderate | 4 | Watery, Porridge like | No | No | Yes | No | No | Yes | Tea, Coffee, Milk | No | 0 | No | 12 | Mild | No | No | 180 | No | 0 | No |
| 134 | 1018629 | 48 | M | Clerical / Shop | 5 | 4 | 325 | IBS-M | Severe | 3 | Watery , String like | No | Yes | No | Yes | Yes | No | Tea, Fatty Food, Spicy food | No | 19 | Mild to Moderate | 16 | Moderate | No | No | 300 | Improve | 12 | Improv |
| 135 | 1126532 | 60 | M | Semiskilled | 4 | 3 | 250 | IBS-D | Moderate | 5 | Watery, Porridge like | No | Yes | No | Yes | Yes | Yes | Tea, Fatty food, Spicy food , Milk | No | 0 | No | 15 | Moderate | No | No | 150 | Improve | 0 | No |
| 136 | 11231951 | 45 | F | Skilled | 3 | 2 | 175 | IBS-M | Mild | 3 | Watery, Rabbit pellet like, Hard | No | Yes | No | Yes | Yes | No | Tea, Fatty food, Spicy | No | 0 | No | 0 | No | No | No | 180 | Worsen | 0 | No |
| 137 | 1229553 | 27 | M | Clerical / Shop | 5 | 3 | 250 | IBS-C | Moderate | 2 | Pellet like, String like, Hard | No | Yes | No | No | No | Yes | milk, tea | No | 19 | Mild to Moderate | 15 | Moderate | No | IBS-M | 190 | No | 15 | Improv |
| 138 | 1229706 | 50 | M | Semiprofessional | 6 | 5 | 220 | IBS-M | Moderate | 3 | Mushy, Liquid | No | Yes | Yes | Yes | No | Yes | Tea, Coffee, Fatty Food, Milk | No | 28 | Moderate to Severe | 12 | Mild | No | No | 250 | No | 28 | No |
| 139 | 820410 | 47 | F | Semiprofessional | 4 | 6 | 160 | IBS-D | Mild | 4 | Liquid, Porridge | No | Yes | Yes | Yes | No | No | Tea, Coffee, Fatty food, | No | 0 | No | 0 | No | No | No | 180 | Worsen | 0 | No |
| 140 | 1229536 | 65 | F | Skilled | 3 | 3 | 180 | IBS-M | Moderate | 3 | hard, String like | No | Yes | Yes | Yes | No | No | tea, coffee,fatty food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 160 | Improve | 12 | Improv |
| 141 | 791124 | 56 | M | Unemployed | 5 | 4 | 250 | IBS-D | Moderate | 4 | Liquid, Watery | No | Yes | Yes | Yes | Yes | Yes | tea, coffee, fatty food, spicy food , milk | No | 18 | Mild to Moderate | 16 | Moderate | No | No | 310 | Improve | 21 | No |
| 142 | 69025 | 55 | F | Unemployed | 3 | 3 | 170 | IBS-C | Mild | 3 | String like, Hard , Pellet like | No | Yes | Yes | Yes | Yes | Yes | Tea,coffee, fatty , milk , spicy food | No | 19 | Mild to Moderate | 12 | Mild | No | No | 250 | Worsen | 16 | Improv |
| 143 | 4343 | 65 | M | Skilled | 4 | 4 | 250 | IBS-M | Moderate | 4 | Hard, String like , Porridge like | No | Yes | Yes | Yes | Yes | Yes | Tea , coffee, fatty food, spicy food, milk | No | 0 | No | 16 | Moderate | No | No | 175 | Improve | 0 | No |
| 144 | 1221390 | 54 | M | Semiprofessional | 3 | 3 | 220 | IBS-D | Moderate | 5 | Porridge like, Watery | No | Yes | Yes | Yes | Yes | No | tea , coffee, fatty food , spicy food | No | 25 | Moderate to Severe | 15 | Moderate | No | No | 180 | No | 28 | No |
| 145 | 1201958 | 33 | M | Clerical / Shop | 5 | 5 | 325 | IBS-M | Severe | 6 | Watery, Porridge | No | Yes | Yes | No | No | Yes | tea, coffee, milk | No | 39 | Severe | 18 | Moderate | No | No | 300 | Improve | 26 | Improv |
| 146 | 1222144 | 50 | M | Clerical / Shop | 4 | 6 | 250 | IBS-M | Moderate | 5 | Watery, Mushy, String like , hard | No | Yes | Yes | No | No | Yes | tea, coffee, milk | No | 14 | Mild | 15 | Moderate | No | No | 310 | Worsen | 21 | Worse |
| 147 | 1222108 | 26 | M | Unemployed | 6 | 4 | 180 | IBS-D | Moderate | 3 | Watery, mushy, Porridge like | No | Yes | Yes | Yes | No | Yes | tea, coffee, fatty food, milk | No | 27 | Moderate to Severe | 14 | Moderate | No | No | 250 | No | 26 | No |
| 148 | 1222083 | 30 | M | Semiprofessional | 5 | 5 | 150 | IBS-M | Mild | 2 | watery, String like, Hard | No | Yes | Yes | Yes | Yes | No | Tea, coffee, Fatty food, spicy food | No | 14 | Mild | 12 | Mild | No | No | 300 | Worsen | 21 | Worse |
| 149 | 1222674 | 54 | F | Unemployed | 4 | 4 | 275 | IBS-C | Moderate | 1 | Hard , String like , Pellet like | No | Yes | Yes | No | No | Yes | milk, Tea | No | 12 | Mild | 16 | Moderate | No | No | 170 | Improve | 16 | No |
| 150 | 1222657 | 29 | M | Unemployed | 3 | 5 | 180 | IBS-D | Moderate | 4 | Watery, Mushy Type 6Type 6 | No | Yes | Yes | Yes | Yes | Yes | milk , tea , coffee, Fatty food , spicy food | No | 28 | Moderate to Severe | 14 | Moderate | No | IBS-M | 300 | No | 27 | No |
| **CONTROLS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | | 50 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 3 | No | | | | | | |
| 2 | | 53 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 10 | Mild | 9 | Mild | | | | | | |
| 3 | | 45 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | No | No | | | 0 | No | 0 | No | | | | | | |
| 4 | | 45 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | No | No | | | 10 | Mild | 0 | No | | | | | | |
| 5 | | 55 | F | Unemployed | | | | | | | | | No | Yes | No | No | No | | | 0 | No | 17 | Moderate | | | | | | |
| 6 | | 40 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 7 | | 50 | F | Clerical / Shop | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 8 | | 60 | M | Unemployed | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 9 | | 56 | M | Semiprofessional | | | | | | | | | No | Yes | Yes | No | No | | | 0 | No | 12 | Mild | | | | | | |
| 10 | | 30 | M | Professional | | | | | | | | | No | Yes | No | Yes | No | | | 21 | Mild to | 0 | No | | | | | | |
| 11 | | 45 | F | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 12 | Mild | | | | | | |
| 12 | | 40 | F | Unemployed | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 13 | | 18 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 14 | | 47 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 23 | Mild to | 11 | Mild | | | | | | |
| 15 | | 18 | M | Unemployed | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 16 | | 43 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 17 | | 38 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | Yes | No | | | 14 | Mild | 0 | No | | | | | | |
| 18 | | 40 | F | Unemployed | | | | | | | | | Yes | No | Yes | Yes | No | | | 0 | No | 17 | Moderate | | | | | | |
| 19 | | 35 | M | Clerical / Shop | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 20 | | 30 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 15 | Moderate | | | | | | |
| 21 | | 55 | F | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | | |
| 22 | | 65 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 0 | No | 18 | Moderate | | | | | | |
| 23 | | 32 | F | Semiskilled | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 40 | Severe | 0 | No | | | | | | |
| 24 | | 59 | M | Professional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 25 | | 42 | M | Semiskilled | | | | | | | | | Yes | No | No | Yes | No | | | 20 | Mild to | 0 | No | | | | | | |
| 26 | | 29 | M | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 27 | | 30 | F | Unemployed | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 28 | | 25 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 29 | | 55 | F | Unemployed | | | | | | | | | Yes | No | Yes | No | Yes | | | 22 | Mild to | 12 | Mild | | | | | | |
| 30 | | 50 | F | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 15 | Moderate | | | | | | |
| 31 | | 55 | M | Professional | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 32 | | 65 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 18 | Moderate | | | | | | |
| 33 | | 40 | M | Semiskilled | | | | | | | | | Yes | Yes | No | No | No | | | 22 | Mild to | 0 | No | | | | | | |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Chang severit depres |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 132 | 1179692 | 54 | M | Clerical / Shop | 5 | 4 | 300 | IBS-M | Moderate | 6 | String like, Rabbit pellet | No | Yes | Yes | Yes | Yes | Yes | Tea, coffee, Fatty food, Spicy food | No | 27 | Moderate to Severe | 16 | Moderate | No | No | 310 | Worsen | 16 | Improv |
| 133 | 1179762 | 60 | F | Unemployed | 4 | 5 | 270 | IBS-D | Moderate | 4 | Watery, Porridge like | No | No | Yes | No | No | Yes | Tea, Coffee, Milk | No | 0 | No | 12 | Mild | No | No | 180 | No | 0 | No |
| 134 | 1018629 | 48 | M | Clerical / Shop | 5 | 4 | 325 | IBS-M | Severe | 3 | Watery , String like | No | Yes | No | Yes | Yes | No | Tea, Fatty Food, Spicy food | No | 19 | Mild to Moderate | 16 | Moderate | No | No | 300 | Improve | 12 | Improv |
| 135 | 1126532 | 60 | M | Semiskilled | 4 | 3 | 250 | IBS-D | Moderate | 5 | Watery, Porridge like | No | Yes | No | Yes | Yes | Yes | Tea, Fatty food, Spicy food , Milk | No | 0 | No | 15 | Moderate | No | No | 150 | Improve | 0 | Improv |
| 136 | 11231951 | 45 | F | Skilled | 3 | 2 | 175 | IBS-M | Mild | 3 | Watery, Rabbit pellet like, Hard | No | Yes | No | Yes | Yes | No | Tea, Fatty food, Spicy | No | 0 | No | 0 | No | No | No | 180 | Worsen | 0 | No |
| 137 | 1229553 | 27 | M | Clerical / Shop | 5 | 3 | 250 | IBS-C | Moderate | 2 | Pellet like, String like, Hard | No | Yes | No | No | No | Yes | milk, tea | No | 19 | Mild to Moderate | 15 | Moderate | No | IBS-M | 190 | No | 15 | Improv |
| 138 | 1229706 | 50 | M | Semiprofessional | 6 | 5 | 220 | IBS-M | Moderate | 3 | Mushy, Liquid | No | Yes | Yes | Yes | No | Yes | Tea, Coffee, Fatty Food, Milk | No | 28 | Moderate to Severe | 12 | Mild | No | No | 250 | No | 28 | No |
| 139 | 820410 | 47 | F | Semiprofessional | 4 | 6 | 160 | IBS-D | Mild | 4 | Liquid, Porridge | No | Yes | Yes | Yes | No | No | Tea, Coffee, Fatty food, | No | 0 | No | 0 | No | No | No | 180 | Worsen | 0 | No |
| 140 | 1229536 | 65 | F | Skilled | 3 | 3 | 180 | IBS-M | Moderate | 3 | hard, String like | No | Yes | Yes | Yes | No | No | tea, coffee,fatty food | No | 20 | Mild to Moderate | 15 | Moderate | No | No | 160 | Improve | 12 | Improv |
| 141 | 791124 | 56 | M | Unemployed | 5 | 4 | 250 | IBS-D | Moderate | 4 | Liquid, Watery | No | Yes | Yes | Yes | Yes | Yes | tea, coffee, fatty food, spicy food , milk | No | 18 | Mild to Moderate | 16 | Moderate | No | No | 310 | Improve | 21 | No |
| 142 | 69025 | 55 | F | Unemployed | 3 | 3 | 170 | IBS-C | Mild | 3 | String like, Hard , Pellet like | No | Yes | Yes | Yes | Yes | Yes | Tea,coffee, fatty , milk , spicy food | No | 19 | Mild to Moderate | 12 | Mild | No | No | 250 | Worsen | 16 | Improv |
| 143 | 4343 | 65 | M | Skilled | 4 | 4 | 250 | IBS-M | Moderate | 4 | Hard, String like , Porridge like | No | Yes | Yes | Yes | Yes | Yes | Tea , coffee, fatty food, spicy food, milk | No | 0 | No | 16 | Moderate | No | No | 175 | Improve | 0 | Improv |
| 144 | 1221390 | 54 | M | Semiprofessional | 3 | 3 | 220 | IBS-D | Moderate | 5 | Porridge like, Watery | No | Yes | Yes | Yes | Yes | No | tea , coffee, fatty food , spicy food | No | 25 | Moderate to Severe | 15 | Moderate | No | No | 180 | No | 28 | No |
| 145 | 1201958 | 33 | M | Clerical / Shop | 5 | 5 | 325 | IBS-M | Severe | 6 | Watery, Porridge | No | Yes | Yes | No | No | Yes | tea, coffee, milk | No | 39 | Severe | 18 | Moderate | No | No | 300 | Improve | 26 | Improv |
| 146 | 1222144 | 50 | M | Clerical / Shop | 4 | 6 | 250 | IBS-M | Moderate | 5 | Watery, Mushy, String like , hard | No | Yes | Yes | No | No | Yes | tea, coffee, milk | No | 14 | Mild | 15 | Moderate | No | No | 310 | Worsen | 21 | Worse |
| 147 | 1222108 | 26 | M | Unemployed | 6 | 4 | 180 | IBS-D | Moderate | 3 | Watery, mushy, Porridge like | No | Yes | Yes | Yes | No | Yes | tea, coffee, fatty food, milk | No | 27 | Moderate to Severe | 14 | Moderate | No | No | 250 | No | 26 | No |
| 148 | 1222083 | 30 | M | Semiprofessional | 5 | 5 | 150 | IBS-M | Mild | 2 | watery, String like, Hard | No | Yes | Yes | Yes | Yes | No | Tea, coffee, Fatty food, spicy food | No | 14 | Mild | 12 | Mild | No | No | 300 | Worsen | 21 | Worse |
| 149 | 1222674 | 54 | F | Unemployed | 4 | 4 | 275 | IBS-C | Moderate | 1 | Hard , String like , Pellet like | No | Yes | Yes | No | No | Yes | milk, Tea | No | 12 | Mild | 16 | Moderate | No | No | 170 | Improve | 16 | Improv |
| 150 | 1222657 | 29 | M | Unemployed | 3 | 5 | 180 | IBS-D | Moderate | 4 | Watery, Mushy Type 6Type 6 | No | Yes | Yes | Yes | Yes | Yes | milk , tea , coffee, Fatty food , spicy food | No | 28 | Moderate to Severe | 14 | Moderate | No | IBS-M | 300 | No | 27 | No |
| **CONTROLS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | | 50 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 3 | No | | | | | | |
| 2 | | 53 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 10 | Mild | 9 | Mild | | | | | | |
| 3 | | 45 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | No | No | | | 0 | No | 0 | No | | | | | | |
| 4 | | 45 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | No | No | | | 10 | Mild | 0 | No | | | | | | |
| 5 | | 55 | F | Unemployed | | | | | | | | | No | Yes | No | No | No | | | 0 | No | 17 | Moderate | | | | | | |
| 6 | | 40 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 7 | | 50 | F | Clerical / Shop | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 8 | | 60 | M | Unemployed | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 9 | | 56 | M | Semiprofessional | | | | | | | | | No | Yes | Yes | No | No | | | 0 | No | 12 | Mild | | | | | | |
| 10 | | 30 | M | Professional | | | | | | | | | No | Yes | No | Yes | No | | | 21 | Mild to | 0 | No | | | | | | |
| 11 | | 45 | F | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 12 | Mild | | | | | | |
| 12 | | 40 | F | Unemployed | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 13 | | 18 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 14 | | 47 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 23 | Mild to | 11 | Mild | | | | | | |
| 15 | | 18 | M | Unemployed | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 16 | | 43 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 17 | | 38 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | Yes | No | | | 14 | Mild | 0 | No | | | | | | |
| 18 | | 40 | F | Unemployed | | | | | | | | | Yes | No | Yes | Yes | No | | | 0 | No | 17 | Moderate | | | | | | |
| 19 | | 35 | M | Clerical / Shop | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 20 | | 30 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 15 | Moderate | | | | | | |
| 21 | | 55 | F | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | | |
| 22 | | 65 | F | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 0 | No | 18 | Moderate | | | | | | |
| 23 | | 32 | F | Semiskilled | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 40 | Severe | 0 | No | | | | | | |
| 24 | | 59 | M | Professional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 25 | | 42 | M | Semiskilled | | | | | | | | | Yes | No | No | Yes | No | | | 20 | Mild to | 0 | No | | | | | | |
| 26 | | 29 | M | Unemployed | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 27 | | 30 | F | Unemployed | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 28 | | 25 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 29 | | 55 | F | Unemployed | | | | | | | | | Yes | No | Yes | No | Yes | | | 22 | Mild to | 12 | Mild | | | | | | |
| 30 | | 50 | F | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 15 | Moderate | | | | | | |
| 31 | | 55 | M | Professional | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 32 | | 65 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 18 | Moderate | | | | | | |
| 33 | | 40 | M | Semiskilled | | | | | | | | | Yes | Yes | No | No | No | | | 22 | Mild to | 0 | No | | | | | | |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 34 | | 35 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | | No | | No | | | |
| 35 | | 35 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | |
| 36 | | 40 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | |
| 37 | | 58 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | No | | | 0 | No | 15 | Moderate | | | |
| 38 | | 37 | M | Unemployed | | | | | | | | | No | No | Yes | Yes | Yes | | | 8 | Mild | 16 | Moderate | | | |
| 39 | | 32 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | |
| 40 | | 45 | M | Clerical / Shop | | | | | | | | | Yes | No | No | Yes | No | | | 16 | Mild to | 0 | No | | | |
| 41 | | 63 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 0 | No | | | |
| 42 | | 45 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | |
| 43 | | 57 | M | Semiprofessional | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | |
| 44 | | 62 | F | Unemployed | | | | | | | | | No | No | Yes | Yes | No | | | 0 | No | 15 | Moderate | | | |
| 45 | | 55 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 9 | Mild | 0 | No | | | |
| 46 | | 50 | F | Unskilled | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | |
| 47 | | 60 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | |
| 48 | | 40 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | |
| 49 | | 50 | M | Clerical / Shop | | | | | | | | | No | No | Yes | Yes | No | | | 12 | Mild | 18 | Moderate | | | |
| 50 | | 65 | M | Unemployed | | | | | | | | | No | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | |
| 51 | | 30 | M | Unemployed | | | | | | | | | Yes | No | No | Yes | No | | | 0 | No | 0 | No | | | |
| 52 | | 50 | M | Professional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 18 | Moderate | | | |
| 53 | | 58 | M | Unemployed | | | | | | | | | Yes | Yes | Yes | No | No | | | 26 | Moderate to Severe | 10 | Mild | | | |
| 54 | | 40 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | |
| 55 | | 50 | M | Professional | | | | | | | | | Yes | Yes | No | No | No | | | 0 | No | 0 | No | | | |
| 56 | | 62 | F | Unemployed | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | |
| 57 | | 45 | F | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | |
| 58 | | 60 | M | Semiskilled | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | |
| 59 | | 28 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | |
| 60 | | 25 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 15 | Moderate | | | |
| 61 | | 40 | M | Clerical / Shop | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 17 | Moderate | | | |
| 62 | | 42 | M | Semiprofessional | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 42 | Severe | 0 | No | | | |
| 63 | | 40 | M | Semiskilled | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | |
| 64 | | 20 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | |
| 65 | | 55 | F | Unemployed | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 15 | Moderate | | | |
| 66 | | 60 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | |
| 67 | | 42 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | |
| 68 | | 52 | M | Professional | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | |
| 69 | | 36 | F | Unemployed | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | |
| 70 | | 45 | M | Professional | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 24 | Severe | 17 | Moderate | | | |
| 71 | | 55 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 20 | Severe | | | |
| 72 | | 59 | M | Professional | | | | | | | | | Yes | Yes | No | Yes | No | | | 25 | Severe | 0 | No | | | |
| 73 | | 62 | M | Clerical / Shop | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | |
| 74 | | 34 | M | Unskilled | | | | | | | | | Yes | No | Yes | Yes | No | | | 0 | No | 0 | No | | | |
| 75 | | 30 | M | Unskilled | | | | | | | | | Yes | No | No | No | Yes | | | 0 | No | 0 | No | | | |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 34 | | 35 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | | No | | No | | | | | |
| 35 | | 35 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 36 | | 40 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 37 | | 58 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | No | | | 0 | No | 15 | Moderate | | | | | |
| 38 | | 37 | M | Unemployed | | | | | | | | | No | No | Yes | Yes | Yes | | | 8 | Mild | 16 | Moderate | | | | | |
| 39 | | 32 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 40 | | 45 | M | Clerical / Shop | | | | | | | | | Yes | No | No | Yes | No | | | 16 | Mild to | 0 | No | | | | | |
| 41 | | 63 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | |
| 42 | | 45 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 43 | | 57 | M | Semiprofessional | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 44 | | 62 | F | Unemployed | | | | | | | | | No | No | Yes | Yes | No | | | 0 | No | 15 | Moderate | | | | | |
| 45 | | 55 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 9 | Mild | 0 | No | | | | | |
| 46 | | 50 | F | Unskilled | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | |
| 47 | | 60 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 48 | | 40 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | | |
| 49 | | 50 | M | Clerical / Shop | | | | | | | | | No | No | Yes | Yes | No | | | 12 | Mild | 18 | Moderate | | | | | |
| 50 | | 65 | M | Unemployed | | | | | | | | | No | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 51 | | 30 | M | Unemployed | | | | | | | | | Yes | No | No | Yes | No | | | 0 | No | 0 | No | | | | | |
| 52 | | 50 | M | Professional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 18 | Moderate | | | | | |
| 53 | | 58 | M | Unemployed | | | | | | | | | Yes | Yes | Yes | No | No | | | 26 | Moderate to Severe | 10 | Mild | | | | | |
| 54 | | 40 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 55 | | 50 | M | Professional | | | | | | | | | Yes | Yes | No | No | No | | | 0 | No | 0 | No | | | | | |
| 56 | | 62 | F | Unemployed | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 57 | | 45 | F | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 58 | | 60 | M | Semiskilled | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | |
| 59 | | 28 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 60 | | 25 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 15 | Moderate | | | | | |
| 61 | | 40 | M | Clerical / Shop | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 17 | Moderate | | | | | |
| 62 | | 42 | M | Semiprofessional | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 42 | Severe | 0 | No | | | | | |
| 63 | | 40 | M | Semiskilled | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 64 | | 20 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | |
| 65 | | 55 | F | Unemployed | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 15 | Moderate | | | | | |
| 66 | | 60 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 67 | | 42 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 68 | | 52 | M | Professional | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | |
| 69 | | 36 | F | Unemployed | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 70 | | 45 | M | Professional | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 24 | Severe | 17 | Moderate | | | | | |
| 71 | | 55 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 20 | Severe | | | | | |
| 72 | | 59 | M | Professional | | | | | | | | | Yes | Yes | No | Yes | No | | | 25 | Severe | 0 | No | | | | | |
| 73 | | 62 | M | Clerical / Shop | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 74 | | 34 | M | Unskilled | | | | | | | | | Yes | No | Yes | Yes | No | | | 0 | No | 0 | No | | | | | |
| 75 | | 30 | M | Unskilled | | | | | | | | | Yes | No | No | No | Yes | | | 0 | No | 0 | No | | | | | |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 34 | | 35 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | | No | | No | | | | | |
| 35 | | 35 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 36 | | 40 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 37 | | 58 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | No | | | 0 | No | 15 | Moderate | | | | | |
| 38 | | 37 | M | Unemployed | | | | | | | | | No | No | Yes | Yes | Yes | | | 8 | Mild | 16 | Moderate | | | | | |
| 39 | | 32 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 40 | | 45 | M | Clerical / Shop | | | | | | | | | Yes | No | No | Yes | No | | | 16 | Mild to | 0 | No | | | | | |
| 41 | | 63 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | |
| 42 | | 45 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 43 | | 57 | M | Semiprofessional | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 44 | | 62 | F | Unemployed | | | | | | | | | No | No | Yes | Yes | No | | | 0 | No | 15 | Moderate | | | | | |
| 45 | | 55 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 9 | Mild | 0 | No | | | | | |
| 46 | | 50 | F | Unskilled | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | |
| 47 | | 60 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 48 | | 40 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | | |
| 49 | | 50 | M | Clerical / Shop | | | | | | | | | No | No | Yes | Yes | No | | | 12 | Mild | 18 | Moderate | | | | | |
| 50 | | 65 | M | Unemployed | | | | | | | | | No | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 51 | | 30 | M | Unemployed | | | | | | | | | Yes | No | No | Yes | No | | | 0 | No | 0 | No | | | | | |
| 52 | | 50 | M | Professional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 18 | Moderate | | | | | |
| 53 | | 58 | M | Unemployed | | | | | | | | | Yes | Yes | Yes | No | No | | | 26 | Moderate to Severe | 10 | Mild | | | | | |
| 54 | | 40 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 55 | | 50 | M | Professional | | | | | | | | | Yes | Yes | No | No | No | | | 0 | No | 0 | No | | | | | |
| 56 | | 62 | F | Unemployed | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 57 | | 45 | F | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 58 | | 60 | M | Semiskilled | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | |
| 59 | | 28 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 60 | | 25 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 15 | Moderate | | | | | |
| 61 | | 40 | M | Clerical / Shop | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 17 | Moderate | | | | | |
| 62 | | 42 | M | Semiprofessional | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 42 | Severe | 0 | No | | | | | |
| 63 | | 40 | M | Semiskilled | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 64 | | 20 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | |
| 65 | | 55 | F | Unemployed | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 15 | Moderate | | | | | |
| 66 | | 60 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 67 | | 42 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 68 | | 52 | M | Professional | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | |
| 69 | | 36 | F | Unemployed | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | |
| 70 | | 45 | M | Professional | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 24 | Severe | 17 | Moderate | | | | | |
| 71 | | 55 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 20 | Severe | | | | | |
| 72 | | 59 | M | Professional | | | | | | | | | Yes | Yes | No | Yes | No | | | 25 | Severe | 0 | No | | | | | |
| 73 | | 62 | M | Clerical / Shop | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | |
| 74 | | 34 | M | Unskilled | | | | | | | | | Yes | No | Yes | Yes | No | | | 0 | No | 0 | No | | | | | |
| 75 | | 30 | M | Unskilled | | | | | | | | | Yes | No | No | No | Yes | | | 0 | No | 0 | No | | | | | |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Follow up HA D scor |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 34 | | 35 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | | No | | No | | | | | | |
| 35 | | 35 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 36 | | 40 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 37 | | 58 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | No | | | 0 | No | 15 | Moderate | | | | | | |
| 38 | | 37 | M | Unemployed | | | | | | | | | No | No | Yes | Yes | Yes | | | 8 | Mild | 16 | Moderate | | | | | | |
| 39 | | 32 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 40 | | 45 | M | Clerical / Shop | | | | | | | | | Yes | No | No | Yes | No | | | 16 | Mild to | 0 | No | | | | | | |
| 41 | | 63 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 42 | | 45 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 43 | | 57 | M | Semiprofessional | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 44 | | 62 | F | Unemployed | | | | | | | | | No | No | Yes | Yes | No | | | 0 | No | 15 | Moderate | | | | | | |
| 45 | | 55 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 9 | Mild | 0 | No | | | | | | |
| 46 | | 50 | F | Unskilled | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 47 | | 60 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 48 | | 40 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 49 | | 50 | M | Clerical / Shop | | | | | | | | | No | No | Yes | Yes | No | | | 12 | Mild | 18 | Moderate | | | | | | |
| 50 | | 65 | M | Unemployed | | | | | | | | | No | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 51 | | 30 | M | Unemployed | | | | | | | | | Yes | No | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 52 | | 50 | M | Professional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 18 | Moderate | | | | | | |
| 53 | | 58 | M | Unemployed | | | | | | | | | Yes | Yes | Yes | No | No | | | 26 | Moderate to Severe | 10 | Mild | | | | | | |
| 54 | | 40 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 55 | | 50 | M | Professional | | | | | | | | | Yes | Yes | No | No | No | | | 0 | No | 0 | No | | | | | | |
| 56 | | 62 | F | Unemployed | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 57 | | 45 | F | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 58 | | 60 | M | Semiskilled | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 59 | | 28 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 60 | | 25 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 15 | Moderate | | | | | | |
| 61 | | 40 | M | Clerical / Shop | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 17 | Moderate | | | | | | |
| 62 | | 42 | M | Semiprofessional | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 42 | Severe | 0 | No | | | | | | |
| 63 | | 40 | M | Semiskilled | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 64 | | 20 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | | |
| 65 | | 55 | F | Unemployed | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 15 | Moderate | | | | | | |
| 66 | | 60 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 67 | | 42 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 68 | | 52 | M | Professional | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | | |
| 69 | | 36 | F | Unemployed | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 70 | | 45 | M | Professional | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 24 | Severe | 17 | Moderate | | | | | | |
| 71 | | 55 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 20 | Severe | | | | | | |
| 72 | | 59 | M | Professional | | | | | | | | | Yes | Yes | No | Yes | No | | | 25 | Severe | 0 | No | | | | | | |
| 73 | | 62 | M | Clerical / Shop | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 74 | | 34 | M | Unskilled | | | | | | | | | Yes | No | Yes | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 75 | | 30 | M | Unskilled | | | | | | | | | Yes | No | No | No | Yes | | | 0 | No | 0 | No | | | | | | |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Chang severit anxiet |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 34 | | 35 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | | No | | No | | | | | | |
| 35 | | 35 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 36 | | 40 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 37 | | 58 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | No | | | 0 | No | 15 | Moderate | | | | | | |
| 38 | | 37 | M | Unemployed | | | | | | | | | No | No | Yes | Yes | Yes | | | 8 | Mild | 16 | Moderate | | | | | | |
| 39 | | 32 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 40 | | 45 | M | Clerical / Shop | | | | | | | | | Yes | No | No | Yes | No | | | 16 | Mild to | 0 | No | | | | | | |
| 41 | | 63 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 42 | | 45 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 43 | | 57 | M | Semiprofessional | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 44 | | 62 | F | Unemployed | | | | | | | | | No | No | Yes | Yes | No | | | 0 | No | 15 | Moderate | | | | | | |
| 45 | | 55 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 9 | Mild | 0 | No | | | | | | |
| 46 | | 50 | F | Unskilled | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 47 | | 60 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 48 | | 40 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 49 | | 50 | M | Clerical / Shop | | | | | | | | | No | No | Yes | Yes | No | | | 12 | Mild | 18 | Moderate | | | | | | |
| 50 | | 65 | M | Unemployed | | | | | | | | | No | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 51 | | 30 | M | Unemployed | | | | | | | | | Yes | No | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 52 | | 50 | M | Professional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 18 | Moderate | | | | | | |
| 53 | | 58 | M | Unemployed | | | | | | | | | Yes | Yes | Yes | No | No | | | 26 | Moderate to Severe | 10 | Mild | | | | | | |
| 54 | | 40 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 55 | | 50 | M | Professional | | | | | | | | | Yes | Yes | No | No | No | | | 0 | No | 0 | No | | | | | | |
| 56 | | 62 | F | Unemployed | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 57 | | 45 | F | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 58 | | 60 | M | Semiskilled | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 59 | | 28 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 60 | | 25 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 15 | Moderate | | | | | | |
| 61 | | 40 | M | Clerical / Shop | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 17 | Moderate | | | | | | |
| 62 | | 42 | M | Semiprofessional | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 42 | Severe | 0 | No | | | | | | |
| 63 | | 40 | M | Semiskilled | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 64 | | 20 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | | |
| 65 | | 55 | F | Unemployed | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 15 | Moderate | | | | | | |
| 66 | | 60 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 67 | | 42 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 68 | | 52 | M | Professional | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | | |
| 69 | | 36 | F | Unemployed | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 70 | | 45 | M | Professional | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 24 | Severe | 17 | Moderate | | | | | | |
| 71 | | 55 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 20 | Severe | | | | | | |
| 72 | | 59 | M | Professional | | | | | | | | | Yes | Yes | No | Yes | No | | | 25 | Severe | 0 | No | | | | | | |
| 73 | | 62 | M | Clerical / Shop | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 74 | | 34 | M | Unskilled | | | | | | | | | Yes | No | Yes | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 75 | | 30 | M | Unskilled | | | | | | | | | Yes | No | No | No | Yes | | | 0 | No | 0 | No | | | | | | |

| Sr.No. | MRD No. | Age | Sex | Occupation | Duration of symptoms since onset | Persistence of symptoms for | IBS-SSS | IBS subtype | Severity grade | Bowels/day | Bristol Stool form scale | Past History | DIETARY HISTORY Tea | Coffe e | Fatty Food | Spicy/Junk food | Milk | Food triggering | Addictions | HAM-A score | Anxiety Severity | HAM-D score | Depression severity | Any abnormal Investigatio n | Change in subtype | Change in score | Change in severity class | Follow up HAM-A score | Chang severit depres |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 34 | | 35 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | | No | | No | | | | | | |
| 35 | | 35 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 36 | | 40 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 37 | | 58 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | No | | | 0 | No | 15 | Moderate | | | | | | |
| 38 | | 37 | M | Unemployed | | | | | | | | | No | No | Yes | Yes | Yes | | | 8 | Mild | 16 | Moderate | | | | | | |
| 39 | | 32 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 40 | | 45 | M | Clerical / Shop | | | | | | | | | Yes | No | No | Yes | No | | | 16 | Mild to | 0 | No | | | | | | |
| 41 | | 63 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 42 | | 45 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 43 | | 57 | M | Semiprofessional | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 44 | | 62 | F | Unemployed | | | | | | | | | No | No | Yes | Yes | No | | | 0 | No | 15 | Moderate | | | | | | |
| 45 | | 55 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 9 | Mild | 0 | No | | | | | | |
| 46 | | 50 | F | Unskilled | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 47 | | 60 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 48 | | 40 | M | Semiprofessional | | | | | | | | | Yes | Yes | No | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 49 | | 50 | M | Clerical / Shop | | | | | | | | | No | No | Yes | Yes | No | | | 12 | Mild | 18 | Moderate | | | | | | |
| 50 | | 65 | M | Unemployed | | | | | | | | | No | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 51 | | 30 | M | Unemployed | | | | | | | | | Yes | No | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 52 | | 50 | M | Professional | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 18 | Moderate | | | | | | |
| 53 | | 58 | M | Unemployed | | | | | | | | | Yes | Yes | Yes | No | No | | | 26 | Moderate to Severe | 10 | Mild | | | | | | |
| 54 | | 40 | M | Semiprofessional | | | | | | | | | Yes | No | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 55 | | 50 | M | Professional | | | | | | | | | Yes | Yes | No | No | No | | | 0 | No | 0 | No | | | | | | |
| 56 | | 62 | F | Unemployed | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 57 | | 45 | F | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 58 | | 60 | M | Semiskilled | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 59 | | 28 | F | Unemployed | | | | | | | | | Yes | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 60 | | 25 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 15 | Moderate | | | | | | |
| 61 | | 40 | M | Clerical / Shop | | | | | | | | | No | Yes | No | Yes | No | | | 0 | No | 17 | Moderate | | | | | | |
| 62 | | 42 | M | Semiprofessional | | | | | | | | | No | Yes | Yes | Yes | Yes | | | 42 | Severe | 0 | No | | | | | | |
| 63 | | 40 | M | Semiskilled | | | | | | | | | Yes | No | Yes | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 64 | | 20 | M | Unemployed | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | | |
| 65 | | 55 | F | Unemployed | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 15 | Moderate | | | | | | |
| 66 | | 60 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 67 | | 42 | M | Semiprofessional | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 68 | | 52 | M | Professional | | | | | | | | | Yes | No | Yes | No | No | | | 0 | No | 0 | No | | | | | | |
| 69 | | 36 | F | Unemployed | | | | | | | | | No | Yes | No | Yes | Yes | | | 0 | No | 0 | No | | | | | | |
| 70 | | 45 | M | Professional | | | | | | | | | Yes | Yes | Yes | Yes | Yes | | | 24 | Severe | 17 | Moderate | | | | | | |
| 71 | | 55 | M | Semiprofessional | | | | | | | | | Yes | Yes | Yes | Yes | No | | | 0 | No | 20 | Severe | | | | | | |
| 72 | | 59 | M | Professional | | | | | | | | | Yes | Yes | No | Yes | No | | | 25 | Severe | 0 | No | | | | | | |
| 73 | | 62 | M | Clerical / Shop | | | | | | | | | Yes | No | Yes | No | Yes | | | 0 | No | 0 | No | | | | | | |
| 74 | | 34 | M | Unskilled | | | | | | | | | Yes | No | Yes | Yes | No | | | 0 | No | 0 | No | | | | | | |
| 75 | | 30 | M | Unskilled | | | | | | | | | Yes | No | No | No | Yes | | | 0 | No | 0 | No | | | | | | |

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**No. BFUHS/2K21p-TH/** 154 **Date** 05/01/22

The Principal,
**DMC, Ludhiana.**

**Subject:** **Approval of Plan of Thesis.**

This is to inform you that the Faculty of Medical Sciences in its meeting held on 29.10.2021 has approved the plan of thesis of **Rishav Tohani,** a student of your college for **MD General Medicine** along with the names of Supervisor/Co-Supervisor as under:-

**Topic Plan of Thesis**
To study the dietary and psychosocial risk factors, and clinical course of irritable bowel syndrome.

**Supervisor**
Dr. Amit Bery
Assoc. Prof.,
Dept. of Medicine,
DMCH, Ludhiana.

**Co-Supervisor**

Dr. Omesh Goyal
Assoc. Prof.,
Dept. of Gastroenterology,
DMCH, Ludhiana.

Dr. Pankaj Kumar
Assoc. Prof.,
Dept. of Psychiatry,
DMCH, Ludhiana.

The student has to submit the four copies of thesis (along with PDF format) , to the Controller of Examinations, BFUHS, Faridkot, at least six months before the commencement of theory examination, if he/she is otherwise eligible to take the examination. He /She must directed to attach a photocopy of this letter with the forwarding letter while submitting thesis to the University along with the letter of approval of University for change of supervisor/Co-Supervisor, change of topic,( if any).

S P Singh
Dr. S P Singh MS(Oph)
Controller of Examinations

*Note :*

57. *If any discrepancy found regarding topic of thesis or Supervisor/Co-Supervisor, inform undersigned within one month after issue of this letter.*
58. *The student may submit the thesis as per the schedule already conveyed i.e for May/June examination 30th Nov of the preceding the year of examination and for Nov/Dec examinations 31st May of the year of examination.*

# TO STUDY THE DIETARY AND PSYCHOSOCIAL RISK FACTORS, AND CLINIÇAL COURSE OF IRRITABLE BOWEL SYNDROME

**THESIS PROPOSAL**

**FOR APPROVAL OF SUBJECT OF THESIS TO BE SUBMITTED**

**IN PARTIAL FULFILMENT OF THE REQUIREMENTS**

**FOR THE DEGREE OF**

**MD**

**MEDICINE**

**OF THE**

**BABA FARID UNIVERSITY OF HEALTH SCIENCES**

**FARIDKOT**

**MARCH 2021**

**DR RISHAV TOHANI**

**DEPARTMENT OF MEDICINE**

**DAYANAND MEDICAL COLLEGE AND HOSPITAL**

**LUDHIANA**

# ABSTRACT OF PLAN OF THESIS

| | |
|---|---|
| Title | TO STUDY THE DIETARY AND PSYCHOSOCIAL RISK FACTORS, AND CLINICAL COURSE OF IRRITABLE BOWEL SYNDROME |
| For the degree of | MEDICINE |
| Name of the candidate | Rishav Tohani |
| Supervisor | Dr Amit Bery, Associate Professor, Department of Medicine, DMC&H Ludhiana |
| Co-supervisor | Dr.Omesh Goyal, Associate Professor, Department of Gastroenterology, DMC&H Ludhiana<br>Dr. Pankaj Kumar, Associate Professor, Department of Psychiatry, DMC&H, Ludhiana |
| Institution | Dayanand Medical College & Hospital, Ludhiana |
| University | Baba Farid University of Health Sciences, Faridkot |

**Introduction:** Irritable Bowel Syndrome is a Functional Gastrointestinal disorder (FGID) which is diagnosed on symptoms based criteria (ROME-IV). Various risk factors influence the occurrence of IBS including gut infections, dietary habits, , cigarette/alcohol intake and underlying psychiatric comorbidities. Diagnosis of IBS requires exclusion of any underlying organic Gastrointestinal cause of diarrhea or constipation with all the investigations targeted to exclude these organic causes and to rule out any red flag signs of a Gastrointestinal disease other than IBS.

**Aim of Study:** To study the role of psychosocial and environmental risk factors in IBS and also to study the clinical course in patients diagnosed as IBS after 6-18 months follow up.

**Materials & Methods:** This study will be a case control study conducted on diagnosed cases of IBS with the healthy attendants chosen as controls using pre designed questionnaire about dietary habits, drug intake and other daily habits. Severity of IBS will be assessed using IBS- symptom severity score. Psychiatric comorbidities will be assessed using Hamilton-A and Hamilton D scores. Both cases and controls will be followed up after 6-18 months for reassessment of the severity using IBS-SSS. Data will be analysed based on appropriate statistical method.

**Clinical Significance:** IBS is a gut-brain-microbiota axis defined disorder. Psychiatric disorders like anxiety, depression, low socioeconomic status, GI infections , several dietary habits influence the pathogenesis of IBS. This study is meant to highlight the clinical severity of IBS and the response of IBS to current treatment modalities.

**Keywords: IBS, Anxiety, Depression, Stool form, Psychosocial, Environmental**

Rishav Tohani

| (Signature) | (Signature) | (Signature) | (Signature) | (Signature) |
|---|---|---|---|---|
| Candidate | Co-supervisor | Co-supervisor | Supervisor | Principal |

## CERTIFICATE OF FACILITIES AVAILABLE

This is to certify that the facilities for work on the subject of thesis titled **"TO STUDY THE DIETARY AND PSYCHOSOCIAL RISK FACTORS AND CLINICAL COURSE OF IRRITABLE BOWEL SYNDROME"** exist in the Department of General Surgery, DMC&H, Ludhiana and will be provided to be candidate. We will see that the data being included in the thesis are genuine and is collected by the candidate himself under our supervision and guidance.

**Supervisor**

**Dr. Amit Bery**
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**HEAD OF DEPARTMENT**

**Dr. Dinesh Gupta**
Professor and Head
Department of Medicine
DMCH, Ludhiana

Place: Ludhiana.

Date: 23/3/24

# APPROVAL PROFORMA
# BY RESEARCH & ETHICAL COMMITTEE
# DAYANAND MEDICAL COLLEGE & HOSPITAL, LUDHIANA

| | |
|---|---|
| **Name of candidate** | Dr. Rishav Tohani |
| **Department** | Medicine |
| **Topic of Thesis** | To Study The Dietary And Psychosocial Risk Factors and Clinical Course of Irritable Bowel Syndrome |
| **Likely date of appearing in PG examination** | MAY 2023 |
| **Date of enrollment** | 26th July,2020 |
| **Name of Head of Department** | Dr. Dinesh Gupta |
| **1) Supervisor**<br>**2) Co-Supervisor** | Dr. Amit Bery<br>Dr. Omesh Goyal<br>Dr. Pankaj Kumar |
| **Signature of Members of Research Committee with Stamp** | **Signature of Members of Ethics Committee with Stamp** |
| Dr. Harpreet Kaur<br>(Professor & Head, Pathology) | Mr. R K Sharma<br>(Legal Expert) |
| Dr. Jaspal Singh<br>(Professor & Head, Surgery) | Dr. Ramit Mahajan<br>(Associate Professor, Gastroenterology) |
| Dr. Dinesh Gupta<br>(Professor & Head, Medicine) | Dr. Anu Sharma<br>(Professor, Anatomy) |
| Dr. Sandeep Kaushal<br>(Dean Academics & Professor & Head, Pharmacology) | Dr. Sandeep Kaushal<br>(Dean Academics & Professor & Head, Pharmacology) |
| Dr. Gurpreet S Wander<br>(Vice Principal) | Dr. Gurpreet S Wander<br>(Vice Principal & Professor & Head, Cardiology) |
| | Dr. Gagandeep Singh<br>(Secretary, Ethics Committee Professor & Head, Neurology) |

**Approved: Yes / No**

**Dr. Sandeep Puri**
**Chairperson**
**Research Committee**

**Approved: Yes / ~~No~~**

**Prof. Arvind Malhotra**
**Chairperson**
**Ethics Committee**

# BABA FARID UNIVERSITY OF HEALTH SCIENCES, FARIDKOT

## PROFORMA FOR REGISTRATION OF SUBJECT FOR DISSERTATION

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|---|---|---|
| 1 | NAME OF THE CANDIDATE AND ADDRESS | RISHAV TOHANI<br>R/O -H. NO 214-B, Surya Enclave Jalandhar City |
| 2 | NAME OF THE INSTITUTE | Dayanand Medical College and Hospital, Ludhiana |
| 3 | COURSE OF STUDY AND SUBJECT | MD Medicine |
| 4 | DATE OF ADMISSION OF COURSE | 26th JULY 2020 |
| 5 | TITLE OF THE TOPIC | TO STUDY THE DIETARY AND PSYCHOSOCIAL RISK FACTORS, AND CLINICAL COURSE OF IRRITABLE BOWEL SYNDROME |

## 6. BRIEF RESUME OF THE INTENDED WORK

### 6.1 NEED FOR THE STUDY

Irritable bowel syndrome is a functional bowel disorder in which abdominal pain is associated with change in bowel habits and with features of abnormal defecation. It is the most commonly diagnosed gastrointestinal condition. It is one of the functional disorders where epidemiology is poorly defined outside the Western world, particularly in the Asian population.[1,2]

IBS can be classified into diarrhea-predominant (IBS-D), constipation predominant (IBS-C) or IBS-M(IBS-mixed), IBS-U(IBS unclassified) , based upon predominant symptom. Determining the type is important as symptomatic management varies among these subgroups.[3,4]

**DEFINITION ACCORDING TO ROME-IV:**

"IBS is an functional GI disorder in which recurrent abdominal pain is associated with defecation or a change in bowel habits. Symptom onset should occur at least 6 months before diagnosis and symptoms should be present during the last 3 months". In the Rome IV classification, the term abdominal discomfort was removed from the previous definitions as it is ambiguous and has different meaning according to perception of different individuals.[5,6]

ROME IV Criteria:[4] Recurrent abdominal pain on an average >1day per week in the past 3 month related with 2 or more of the following-

1. Defecation 2.Change in stool frequency 3.Change in stool form

Bowel pattern of patients should be described according to the Bristol stool form scale (BSFS) as in various studies, stool form had better correlation to the diagnosis of IBS as compared to stool frequency and subtyping into diarrhea predominant and constipation predominant subtypes was better when this scale was used rather than the stool frequency criteria. [7]

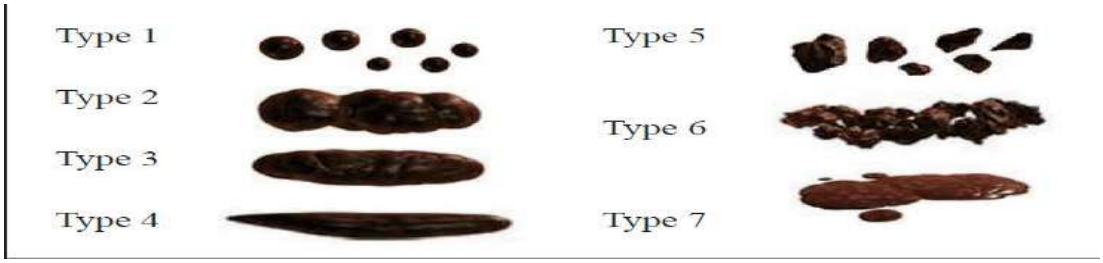


Figure 1—Bristol Stool Form Scale [8]

Type 1: separate hard lumps, like nuts; type 2: sausage like but lumpy; type 3: sausage like with cracks in the surface; type 4: like a sausage or snake, smooth and soft; type 5: soft blobs with clear-cut edges; type 6: mushy stool with ragged edges; type 7: watery stool, no solid pieces.[8]

**PREVALENCE IN ASIA AND INDIA:**IBS is equally prevalent in male as well as female population in Asia in contrast to its female preponderance in the western world but some studies conducted in northern India reported female predominant cases of IBS.[7,9]

**RISK FACTORS:**

Several lifestyle related factors increase the risk of IBS. Female gender, intake of fatty food, cigarette smoking, NSAID's intake and low physical activity are some of the risk factors. Post Infectious IBS is one subtype in which individuals who developed gastroenteritis or gut infection in the past were predisposed to develop IBS. Susceptibility to post infectious IBS increases with the dysregulation of gut-microbiota.[10-12]

According to the bottom-up model, abdominal symptoms secondarily influence anxiety and depression. As per the top-down model, the psychological factors such as stress, anxiety, and depression influence physiological factors such as motor functions, sensory threshold, and stress reactivity of the gut through vagal and sympathetic afferents.HAM-A and HAM-D scores have been used to assess the psychiatric comorbidities in individuals.[13]

## 6.2 REVIEW OF LITERATURE

**Paul J Kennedy** et al conducted a study in 2014 about establishing the role of microbiome gut brain axis in Irritable bowel syndrome. The high incidence (36%) of IBS following a gastroenteritis outbreak in Walkerton due to contaminated water supply and ability of the probiotics to ameliorate a few symptoms of IBS gave them an indirect evidence of the role of gut microbiota in IBS. IBS was described as a correlation between gut, microbiota and brain axis.[14]

**B.I.Nicholl** et al conducted a large prospective study in 2007 about psychosocial risk markers for new onset irritable bowel syndrome. The study demonstrated that psychosocial factors indicative of the process of somatisation were independent risk factors for development of IBS in a group of subjects previously free of IBS. After age adjustment, it was shown that high levels of illness behavior, somatic symptoms, sleep problems, anxiety, depression and psychological distress predicted the onset of IBS.[15]

**Seung Ku Le** et al studied the correlation between comorbid depression, insomnia and Irritable Bowel syndrome in Korean population based cohort study. Beck Depression Inventory (BDI) was used to assess depression in this cohort study. Participants were divided into three groups on the basis of BDI. After taking into account age, gender, smoking status, alcohol drinking, and other potential IBS riskfactors, it was found that people who had insomnia or depression had higher odds of having IBS than people who did not have insomnia or depression.[16]

**Mathieu Meleine** et al studied the role of gender in the occurrence of Irritable Bowel syndrome. They studied the role of sex hormones on the various risk factors for IBS. A meta-analysis was done. 175 total papers were reviewed and review was written, thereafter. This study reviewed the effect of female gender in the pathogenesis of IBS with reference to senorimotor dysfunction (which is a key feature in IBS) . Studies regarding the efficacy of drug alostron (5HT-3 antagonist) were analysed and it was found that female showed a better response to this

drug. The possible explanation which was given was the hormonal upregulation of 5HT-3 receptors in female (oestrogen induced).[17]

**William D. Chey** et al summarized the existing evidence regarding epidemiology, pathophysiology and treatment recommendations in Irritable Bowel Syndrome. This study highlighted that treatment modalities of this syndrome varies with the specific subtype of the syndrome. For IBS-C, over the counter agents like Psyllium, Polyethylene Glycol and therapeutic agents like Lubiprostone and Linaclotide (prosecretory agents) have been mentioned. For IBS-D, Loperamide, antispasmodics, Alosetron (especially in females- with diarrhea predominant IBS have been documented. TCA's and SSRI's have been mentioned to show effect in treating the global symptoms of IBS.[5]

**Wajiha Mehtab** et al analysed that low FODMAP diets have been shown to improve symptoms, stool output, quality of life and overall well being of patients of IBS. The article highlights that FODMAPS due to their microscopic size, high osmotic activity and higher fermentation by colonic bacteria lead to bloating, abdominal pain and flatulence. The results showed that there was a significant decrease in IBS-SSS (IBS-symptom severity score, IBS-quality of life score, symptom severity of abdominal pain, bloating and overall symptoms of IBS in patients following strict adherence to low FODMAP-diet. In the scenario of Asian population, the diets such as milk/milk products, legumes, pulses, garlic, onion, cauliflower, cabbage, shallots and wheat based products are the major sources of FODMAPs.[18]

**Yuman Kawoos** et al conducted a cross sectional case control study. Patients were selected from the OPD of gastroenterology. Organic causes were ruled out with the aid of relevant clinical investigations. It was found by them that Females out-numbered males in both the control and the case group. It was also found that psychiatric disorders were seen in 135 of IBS patients as compared to 83 of controls. It was found that Generalized Anxiety Disorder was seen in 30% of patients of IBS. This study also analysed that IBS-M was the most frequent type of IBS in the patients used for study and also that psychiatric disorders

were present in 84.4 % of IBS patients. This highlighted the need of psychiatric evaluation and management needs in addition to the medical management of these patients.[19]

**Lekha Saha** provided an evidence based review regarding IBS and the pharmacological treatments. Role of Serotonin pathways has been highlighted by her with increased serotonin production in diarrhoea predominant and decreased production in constipation predominant IBS. She also described psychological stress as an important aspect in the IBS- pathogenesis. The evidence studied by them was that some probiotics may be effective in reducing overall IBS symptoms. 5HT 3 antagonists have been found to be efficacious in IBS patients with diarrhea. Tricyclic antidepressants and selective serotonin reuptake inhibitors have been shown to be effective in IBS patients of all subtypes according to the evidences studied by the author. It has been found that psychological therapies may also provide benefit to IBS patients although the quality of evidence is poor.[3]

**Hong-Yan Qin, et al** described about the role of psychological factors in Irritable bowel syndrome (IBS). A strong correlation has been found between psychiatric comorbidities and IBS, particularly anxiety and depression. Early life stressors (loss of a closed one, marriage breakup, life traumas) are associated. They studied that the strong relationship between psychosocial factors and IBS originates from gut-brain axis. More and more clinical and experimental evidence showed thatIBS is a combination of irritable bowel and irritable brain. Stress can result in overactivity or underactivety along the hypothalamic-pituitary-adrenal (HPA) axis and of the autonomic nervous (ANS), metabolic, and immune systems, it can alter brain-gut interactions, ultimately affecting different physiological functions of the gastrointestinal tract. Chronic stress may alter the gut response to microbes and this predispose to IBS. Chronic stress can induce dysbiosis and enhanced bacterial wall adherence, while the interaction between host and microbiota can modulate the neuro-immune-endocrine systems. Central nervous system under normal circumstances regulates Enteric nervous system very accurately.

Stress can induce alternations in central stress and arousal circuits (emotional motor system), result in increased CRF and noradrenergic release and activation of behavioral and autonomic responses. These may disrupt the sympathetic and parasympathetic nervous systems, HPA axis, endogenous pain modulation systems, and ascending aminergic pathway. Relationship between stress and gut is bidirectional (top-down and bottom-up model)[20] .

**Goel et al** studied the prevalence, risk factors and overlap of functional gastrointestinal disorders among college going students of medical, nursing and humanities stream. Questionnaires regarding demography, physical activity, anxiety and depression were used along with questionnaires according to ROME IV criteria. They found that among 1309 students enrolled, prevalence of functional gastrointestinal disorders was higher in female as compared to male population and medical students and nursing students also had a higher prevalence than nursing students. Other risk factors highlighted by this study were lesser physical activity, junk food, intake of tea or coffee, anxiety and insomnia. Rome III criteria resulted in higher prevalence of IBS than Rome IV criteria. This study was a prospective cross sectional study in a city of Northern India.[21]

## 6.3 AIMS AND OBJECTIVES OF THE STUDY

Primary

- To Study the Dietary Risk Factors for Irritable Bowel Syndrome
- To Study the Psychosocial Risk Factors for Irritable Bowel Syndrome

Secondary

- To Study the Clinical Course of Irritable Bowel Syndrome

## 7.0 MATERIALS AND METHODS

- The study will be conducted in diagnosed cases of IBS.
- Healthy attendants will be chosen as controls.
- Severity of IBS will be assessed using IBS-Symptom severity scale which includes 5 areas assessing the questions related to symptoms with maximum score 150
- Patients and controls will be assessed for various psychosocial risk factors using the Hamilton- Anxiety and Hamilton Depression scores which divide them into mild, moderate or severe based on the symptoms.
- Patients and controls will be assessed for other risk factors by detailed history taking including questions about dietary pattern, physical activity, stressful lifestyle, recent GI infection.
- Patients would be followed up for 6 - 18 months to assess the clinical course of IBS. i.e., change in symptom severity, and change in HAM –A and HAM D scores.

### 7.1 SOURCES OF DATA

The study will be conducted among the patients of IBS visiting in the OPD of General Medicine department, Gastroenterology department and Psychiatry department.

### 7.2 METHOD OF COLLECTION OF DATA

Information shall be collected on through pre-designed proforma that has been chosen to be a part of the study with detailed history, clinical examination and relevant investigational work-up.

**Inclusion Criteria (for cases):**

1. Age – 18 - 65 years
2. Patients of IBS diagnosed by ROME – IV Criteria
3. Patients giving informed and written consent

**Inclusion Criteria (for controls):**

1. People giving Informed and written Consent
2. No significant GI disease

**Exclusion Criteria- (For Cases)**

1. Patients not giving the consent for the study purpose

2. Patients having any significant comorbidity such as Uncontrolled Diabetes Mellitus type 2, uncontrolled Hyper or Hypothyroidism (Metabolic Causes of Diarrhoea or Constipation)
3. Patients having history of any Gastrointestinal Surgery in the past (Post Procedural Causes of Malabsortive Diarrhoea)
4. Patients having any history of GI organic disorder: such as IBD, Celiac disease. (Inflammatory causes of Diarrhoea)
5. Patients having any active GI infection (Infectious Causes of Diarrhoea)
6. Alarm features-alarm features (a positive family history of colorectal cancer, rectal bleeding in the absence of documented bleeding hemor- rhoids or anal fissures, unintentional weight loss, or anemia)

**Exclusion Criteria- (For Controls)**

1. Fulfilling criteria for IBS
2. Patients not giving the informed and written consent
3. All other exclusion criteria as that of cases.

**DURATION OF STUDY-** 16 months (including enrollment and follow-up.

**SAMPLE SIZE-** 150 cases 75 controls (suitably matched for age ± 2 years, and sex)

**OUTCOME-** To determine the dietary and environmental risk factors in patients of IBS, and to study the clinical course over a period of 6-16 months.

**STATISTICAL ANALYSIS**

Categorical data will be presented as proportions, and continuous data as mean plus standard deviation. Categorical data will be compared using Chi-square test and continuous data using t test.Assessment of risk factors will be done with-

Odds Ratio for all risk factors will be calculated.

$$\text{Odds Ratio} = \frac{\text{Odds of being Exposed in Cases}}{\text{Odds of being Exposed in Controls}}$$

Cases and Controls will be matched suitably for factors such as age, absence of any comorbidity, place of origin to avoid any confounding factor.

**7.3 DOES THE STUDY REQUIRE ANY INVESTIGATIONS OR INTERVENTIONS TO BE CONDUCTED ON PATIENTS OR OTHER HUMANS OR ANIMALS? IF SO, PLEASE DESCRIBE BRIEFLY.**

Patients who are already diagnosed as having IBS by the primary physician will be enrolled. The following investigations will be noted to exclude out any other concomitant disease.

1. CBC
2. RBS
3. Stool Routine
4. CRP (quantitative)
5. Anti-TTG
6. UGI Endoscopy with Duodenal Biopsies (if available)
7. Colonoscopy

**7.4 HAS ETHICAL CLEARANCE BEEN OBTAINED FROM YOUR INSTITUTION IN CASE OF 7.3?**

Yes, Attached herewith

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# PATIENT PROFORMA

Sr. No:

NAME:

AGE:

SEX:

OCCUPATION:

MRD NO.:

DATE/MONTH OF ONSET OF SYMPTOMS:

PERSISTENCE OF SYMPTOMS FOR:

**SYMPTOMS:**

1. Pain abdomen :

   episodic/constant

   whether aggravated on eating?

   whether aggravated on an emotional event/stess?

   Nocturnal or during wakefulness?

   any association with Fever? Weight loss? Bleeding?

2. Altered Bowel Habits :
   Constipation / Diarrhoea?

   Association with pain abdomen or stressful event?

3. Bloating/Flatulence

4. Upper GI symptoms : Dyspepsia/Heartburn

   Nausea

   Vomiting

**Signature of Candidate**

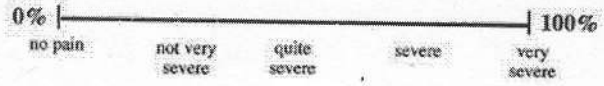


**Signature of Supervisor**

## PART 1 : SEVERITY SCORE

1. a) *Do you currently suffer from abdominal (tummy) pain?* YES NO *Circle appropriate box* — *For office use only* SCORE

b) *If yes, how severe is your abdominal (tummy) pain?*

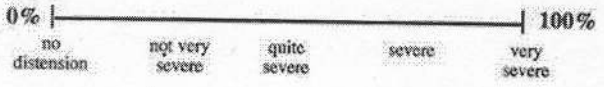



c) *Please enter the number of days that you get the pain in every 10 days.*
For example if you enter 4 it means that you get pain 4 out of 10 days. If you get pain every day enter 10

Number of days with pain ☐ x10 ☐

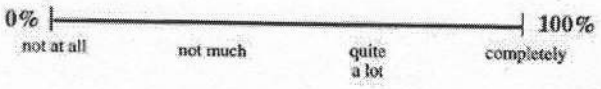
2. a) *Do you currently suffer from abdominal distension* (bloating, swollen or tight tummy)*
*(*women, please ignore distension related to your periods)* YES NO *Circle appropriate box*

b) *If yes, how severe is your abdominal distension/tightness*




3. *How satisfied are you with your bowel habit?*

4. *Please indicate with a cross on the line below how much your Irritable Bowel Syndrome is affecting or interfering with your life in general*




**IBS SEVERITY SCORE:** ☐

2

**Signature of Candidate**



**Signature of Supervisor**

## PART 2 : OTHER IBS DATA

**BOWEL HABIT**

5. a) *What is the most number of times you open your bowels per day/week/month?*

Number of times [ ] per day / week / month *(Circle appropriate)*

*Note: For some people the answer to part a and b could be the same*

b) *What is the least number of times you open your bowels per day/week/month?*

Number of times [ ] per day / week / month *(Circle appropriate)*

6. In the following questions you may circle more than one answer:

*Are your motions ever:*

| | | |
|---|---|---|
| a) | *normal* | often / occasionally / never *(Circle appropriate)* |
| b) | *hard* | often / occasionally / never *(Circle appropriate)* |
| c) | *very thin (like string)* | often / occasionally / never *(Circle appropriate)* |
| d) | *in small pieces (like rabbit pellets)* | often / occasionally / never *(Circle appropriate)* |
| e) | *mushy (like porridge)* | often / occasionally / never *(Circle appropriate)* |
| f) | *watery* | often / occasionally / never *(Circle appropriate)* |

7. In the following questions you may circle more than one answer:

*Do you ever:*

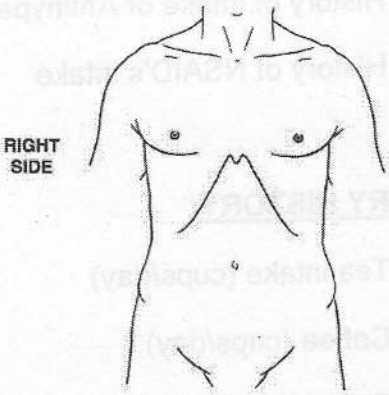
| | | *Circle appropriate box* |
|---|---|---|
| a) | *pass mucus (or slime or jelly) with your motions* | YES / NO |
| b) | *pass blood with your motions* | YES / NO |
| c) | *have to hurry/rush to the toilet to open your bowels* | YES / NO |
| d) | *strain to open your bowels* | YES / NO |
| e) | *feel you haven't emptied your bowel completely after you have passed a motion* | YES / NO |

3

## PART 2 : Continued

**SITE OF PAIN**

***Please mark with a cross (x) on the diagram below where you get your pain*** *(use more than one x if necessary)*




8. *Do you ever:*

| | | |
|---|---|---|
| a) | *notice your stools are more frequent or loose when you get pain* | YES / NO *Circle appropriate box* |
| b) | *notice whether the pain is frequently eased by opening your bowels* | YES / NO *Circle appropriate box* |

9. *In the last year on approximately how many weeks were you:*

i) *absent from work due to IBS* *(enter 52 if you have given up completely work because of IBS)* _____

ii) *at work suffering from IBS* _____

4

## PAST HISTORY:

- Hypothyroidism / Hyperthyroidism
- History of any old recovered infection of GI tract
- History of any GI surgery
- History of diagnosed Celiac disease/ IBD

**Signature of Candidate**



**Signature of Supervisor**

**TREATMENT HISTORY:**

- Laxative Abuse?
- History of intake of Anticholinergics {constipation}
- History of intake of Antihypertensives
- History of NSAID's intake

**DIETARY HISTORY:**

- Tea intake (cups/day)
- Coffee (cups/day)
- Fatty food (intake/week)
- Spicy/junk food
- Milk
- Which food products trigger symptoms?
-

**ADDICTIONS:**

- Alcohol (pegs/week)
- smoking (/day)
- opium

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**PSYCHIATRIC HISTORY:**

- Known case of psychiatric comorbidity such as Major Depressive Episode, Generalised Anxiety disorder, OCD

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- Hamilton A based anxiety score : Mild, Moderate, Severe



**Signature of Candidate** **Signature of Supervisor**

## Hamilton Anxiety Rating Scale (HAM-A)

Below is a list of phrases that describe certain feeling that people have. Rate the patients by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions.

0 = Not present, 1 = Mild, 2 = Moderate, 3 = Severe, 4 = Very severe.

**1 Anxious mood** [0] [1] [2] [3] [4]

Worries, anticipation of the worst, fearful anticipation, irritability.

**2 Tension** [0] [1] [2] [3] [4]

Feelings of tension, fatigability, startle response, moved to tears easily, trembling, feelings of restlessness, inability to relax.

**3 Fears** [0] [1] [2] [3] [4]

Of dark, of strangers, of being left alone, of animals, of traffic, of crowds..

**4 Insomnia** [0] [1] [2] [3] [4]

Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.

**5 Intellectual** [0] [1] [2] [3] [4]

Difficulty in concentration, poor memory.

**6 Depressed mood** [0] [1] [2] [3] [4]

Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.

**7 Somatic (muscular)** [0] [1] [2] [3] [4]

Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.

**8 Somatic (sensory)** [0] [1] [2] [3] [4]

Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.

**9 Cardiovascular symptoms** [0] [1] [2] [3] [4]

Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.

**10 Respiratory symptoms** [0] [1] [2] [3] [4]

Pressure or constriction in chest, choking feelings, sighing, dyspnea.

**11 Gastrointestinal symptoms** [0] [1] [2] [3] [4]

Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.

**12 Genitourinary symptoms** [0] [1] [2] [3] [4]

Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.

**13 Autonomic symptoms** [0] [1] [2] [3] [4]

Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.

**14 Behavior at interview** [0] [1] [2] [3] [4]

Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.

- Hamilton D based Depressive score: Mild, Moderate, Severe

**Signature of Candidate**

**Signature of Supervisor**

## The Hamilton Rating Scale for Depression (HAM-D)

Name or ID: _____ Date: _____

**Instructions:** For each item, select the one "cue" which best characterizes the patient.

**1. Depressed Mood** *(Sadness, hopeless, helpless, worthless)*
0 Absent
1 These feeling states indicated only on questioning
2 These feeling states spontaneously reported verbally
3 Communicates feeling states nonverbally—ie, through facial expression, posture, voice, and tendency to weep
4 Patient reports VIRTUALLY ONLY these feeling states in his/her spontaneous verbal and non-verbal communication

**2. Feelings of Guilt**
0 Absent
1 Self-reproach, feels he/she has let people down
2 Ideas of guilt or rumination over past errors or sinful deeds
3 Present illness is a punishment; delusions of guilt
4 Hears accusatory or denunciatory voices and/or experiences threatening visual hallucinations

**3. Suicide**
0 Absent
1 Feels life is not worth living
2 Wishes he/she were dead or any thoughts of possible death to self
3 Suicidal ideas or gestures
4 Attempts at suicide *(any serious attempt rates 4)*

**4. Insomnia, Early**
0 No difficulty falling asleep
1 Complains of occasional difficulty falling asleep—ie, more than 1/2 hour
2 Complains of nightly difficulty falling asleep

**5. Insomnia, Middle**
0 No difficulty
1 Patient complains of being restless and disturbed during the night
2 Waking during the night—any getting out of bed rates 2 *(except for purposes of voiding)*

**6. Insomnia, Late**
0 No difficulty
1 Waking in early hours of the morning but goes back to sleep
2 Unable to fall asleep again if he/she gets out of bed

**7. Work and Activities**
0 No difficulty
1 Thoughts and feelings of incapacity, fatigue or weakness related to activities, work, or hobbies
2 Loss of interest in activity, hobbies, or work—either directly reported by patient, or indirect in listlessness, indecision, and vacillation *(feels he/she has to push self to work or activities)*
3 Decrease in actual time spent in activities or decrease in productivity. In hospital, rate 3 if patient does not spend at least three hours a day in activities *(hospital job or hobbies)* exclusive of ward chores
4 Stopped working because of present illness. In hospital, rate 4 if patient engages in no activities except ward chores or if patient fails to perform ward chores unassisted

**8. Retardation** *(Slowness of thought and speech, impaired ability to concentrate, decreased motor activity)*
0 Normal speech and thought
1 Slight retardation at interview
2 Obvious retardation at interview
3 Interview difficult
4 Complete stupor

**9. Agitation**
0 None
1 Playing with hands, hair, etc.
2 Hand-wringing, nail-biting, hair-pulling, biting of lips

**Signature of Candidate**



**Signature of Supervisor**

**10. Anxiety Psychic**

0 No difficulty
1 Subjective tension and irritability
2 Worrying about minor matters
3 Apprehensive attitude apparent in face or speech
4 Fears expressed without questioning

**11. Anxiety Somatic**

Physiological concomitants of anxiety such as:
Gastrointestinal—*dry mouth, wind, indigestion, diarrhea, cramps, belching*
Cardiovascular—*palpitations, headaches*
Respiratory—*hyperventilation, sighing*
Urinary frequency
Sweating

0 Absent
1 Mild
2 Moderate
3 Severe
4 Incapacitating

**12. Somatic Symptoms, Gastrointestinal**

0 None
1 Loss of appetite but eating without staff encouragement; heavy feelings in abdomen
2 Difficulty eating without staff urging; requests or requires laxatives or medication for bowels or medication for G.I. symptoms

**13. Somatic Symptoms, General**

0 None
1 Heaviness in limbs, back, or head; backaches, headache, muscle aches; loss of energy and fatigability
2 Any clear-cut symptom rates 2

**14. Genital Symptoms**

Symptoms such as:
*Loss of libido*
*Menstrual disturbances*

0 Absent
1 Mild
2 Severe

**15. Hypochondriasis**

0 Not present
1 Self-absorption (bodily)
2 Preoccupation with health
3 Frequent complaints, requests for help, etc.
4 Hypochondriacal delusions

**16. Loss of Weight (Rate either A or B)**

A. *When Rating by History:*
0 No weight loss
1 Probable weight loss associated with present illness
2 Definite (according to patient) weight loss
3 Not assessed

B. *On Weekly Ratings by Ward Psychiatrist, When Actual Weight Changes are Measured:*
0 Less than 1 lb. weight loss in week
1 Greater than 1 lb. weight loss in week
2 Greater than 2 lb. weight loss in week
3 Not assessed

**17. Insight**

0 Acknowledges being depressed and ill
1 Acknowledges illness but attributes cause to bad food, climate, overwork, virus, need for rest, etc.
2 Denies being ill at all

**Total score:** _____

**Signature of Candidate**



**Signature of Supervisor**

**INVESTIGATIONS: (to rule out organic cause)**

CBC

Hb TLC DLC

RBS

HbA1-C-

T3/T4/TSH:

Stool Routine:

CRP (quantitative):

Anti-TTG:

UGI Endoscopy with Duodenal Biopsies (if available):

Colonoscopy:

**Signature of Candidate**



**Signature of Supervisor**

## INFORMED PATIENT CONSENT

Date: _____

I.....D/o, W/o, S/o.....
.....am willing to participate in the study **"TO STUDY THE DIETARY AND PSYCHOSOCIAL RISK FACTORS AND CLINICAL COURSE OF IRRITABLE BOWEL SYNDROME"** The procedure with its complications has been explained to me in local vernacular language. I have fully understood that no special tests and extra expenditure in any form, merely for the purpose of thesis is being carried out. I am free to opt out the study any time without assigning any reason.

..... .....
Signature of the Witness Signature of the patient

Name:

**Signature of Candidate** **Signature of Supervisor**

# मरीज अनुमति फार्म

तिथि _____

मैं _____ पत्नी/पुत्र/पुत्री _____

निवासी - _____

इस शोधकार्य **"TO STUDY THE DIETARY AND PSYCHOSOCIAL RISK FACTORS AND CLINICAL COURSE OF IRRITABLE BOWEL SYNDROME"** में भाग लेने के लिए सहमत हूँ। मैं इस शोधकार्य में भाग लेने के लिए अपनी स्वेच्छा से तैयार हूँ। मैं पुष्टि करता/करती हूँ की यह स्वीकृति देने के लिए मुझे कोई आर्थिक प्रलोभन नहीं दिया गया और न ही दबाव डाला गया है। मुझे इस शोधकार्य का उद्देश्य स्पष्ट कर दिया गया है और मुझे यह विश्वास है की यह विज्ञान और मानवता के लाभ के लिए है। मुझे इस शोधकार्य में होने वाले जोखिम के बारे में समझा दिया गया है और मेरी समझ में यह जोखिम बहुत मामुली है।

मैं इस शोधकार्य में भाग लेने के सम्बन्ध में किसी भी समय अपनी अस्वीकृति व्यक्त कर सकता/सकती हूँ और मेरे अस्वीकृति व्यक्त करने का मेरे इलाज पर कोई प्रभाव नहीं पड़ेगा।

_____ _____

गवाह के हस्ताक्षर रोगी के हस्ताक्षर/अंगूठे का निशान

नाम: नाम:

_____

अन्वेषक के हस्ताक्षर

_____

विद्यार्थी के हस्ताक्षर

# ਮਰੀਜ਼ ਰਜ਼ਾਮੰਦੀ ਫਾਰਮ

ਮਿਤੀ_____

ਮੈ_____ਪਤਨੀ/ਪੁੱਤਰ/ਪੁੱਤਰੀ_____

ਵਾਸੀ _____

**"TO STUDY THE DIETARY AND PSYCHOSOCIAL RISK FACTORS AND CLINICAL COURSE OF IRRITABLE BOWEL SYNDROME"** ਤੇ ਚਲ ਰਹੀ ਖੋਜ ਵਿਚ ਹਿੱਸਾ ਲੈਣ ਲਈ ਰਜ਼ਾਮੰਦ ਹਾਂ। ਇਸ ਖੋਜ ਕੰਮ ਵਿਚ ਹਿੱਸਾ ਲੈਣ ਲਈ ਮੈ ਆਪਣੀ ਮਰਜ਼ੀ ਨਾਲ ਤਿਆਰ ਹਾਂ। ਮੈ ਇਹ ਦਸਣਾ ਚਾਹੁੰਦਾ ਹਾਂ/ ਚਾਹੁੰਦੀ ਹਾਂ ਕੇ ਇਹ ਰਜ਼ਾਮੰਦੀ ਦੇਣ ਵਾਸਤੇ ਮੈਨੂ ਕਿਸੇ ਵੀ ਤਰਾਂ ਦਾ ਲੋਭ-ਲਾਲਚ ਨਹੀ ਦਿੱਤਾ ਗਿਆ ਅਤੇ ਨਾ ਹੀ ਕੋਈ ਦਬਾ ਪਾਇਆ ਗਿਆ ਹੈ। ਮੈਨੂ ਇਸ ਖੋਜ ਦਾ ਮਨੋਰਥ ਸਮਝਾ ਦਿੱਤਾ ਗਿਆ ਹੈ ਅਤੇ ਮੈਨੂ ਇਹ ਭਰੋਸਾ ਦਵਾਇਆ ਗਿਆ ਹੈ ਕੇ ਇਹ ਖੋਜ ਵਿਗਿਆਨ ਅਤੇ ਮਾਨਵਤਾ ਦੀ ਭਲਾਈ ਲਈ ਹੈ। ਮੈਨੂ ਇਸ ਖੋਜ ਵਿਚ ਹੋਣ ਵਾਲੇ ਖਤਰੇ ਬਾਰੇ ਸਮਝਾ ਦਿੱਤਾ ਗਿਆ ਹੈ ਅਤੇ ਮੈਨੂ ਇਹ ਯਕੀਨ ਹੈ ਕੇ ਇਹ ਖਤਰਾ ਬਹੁਤ ਮਾਮੂਲੀ ਹੈ। ਮੈਨੂ ਇਸ ਖੋਜ ਕੰਮ ਵਿਚ ਹਿੱਸਾ ਲੈਣ ਦਾ ਢੰਗ – ਤਰੀਕਾ ਸਮਝਾ ਦਿੱਤਾ ਗਿਆ ਹੈ।

ਮੈ ਇਸ ਖੋਜ ਕੰਮ ਵਿਚ ਹਿੱਸਾ ਲੈਣ ਬਾਰੇ ਆਪਣੀ ਰਜ਼ਾਮੰਦੀ ਕਿਸੇ ਵੀ ਸਮੇ ਵਾਪਸ ਲੈ ਸਕਦਾ ਹਾਂ/ ਸਕਦੀ ਹਾਂ ਅਤੇ ਮੇਰੀ ਰਜ਼ਾਮੰਦੀ ਵਾਪਸ ਲੈਣ ਦਾ ਮੇਰੇ ਇਲਾਜ ਤੇ ਕੋਈ ਅਸਰ ਨਹੀ ਹੋਵੇਗਾ।

_____
ਗਵਾਹ ਦੇ ਹਸਤਾਖਰ

ਮਿਤੀ_____

ਪਤਾ _____

_____
ਮਰੀਜ਼ ਦੇ ਹਸਤਾਖਰ

ਮਿਤੀ_____

ਪਤਾ _____

_____
ਨਿਰੀਖਕ ਦੇ ਹਸਤਾਖਰ

_____
ਸਿਖਿਆਰਥੀ ਦੇ ਹਸਤਾਖਰ